An especiall Note of Confectionary.

To preserve Pippins red.

TAke your best coloured Pippins, and pare them: then take a piercer, and bore a hole thorow them: then make sirup for them as much as will cover them, and so let them boyl in a broad preserving pan: put into them a piece of Cinamon stick, and so let them boile close covered very leisurely, turning them very often: for, if you turne them not

very often, they will spot, and the one side will not be like the other, and let them thus boyle untill they begin to gelly: then take them up, and put them, and you may keepe them all the yeare.

To preserve Pippins white.

TAke faire large Pippins, and after Candlemas pare them, and bore a hole thorow them, as you did for the red ones: then make a weake sirup for them, and so let them boyle till they be tender, then take them up, and boyle your sirup a little higher, then put them up in a Gally-pot, & let them stand all night, and the next morning the sirup will be somewhat weaker: then boyle the sirup againe to his full thicknesse, and so put them and you may keep them all the year. If you please to have them taste a pleasant taste, more than the naturall Pippin, put in one grain of musk and one drop of the Chymicall oyle of Cinamon, and that will make them

them taste a more pleasant taste.

To preserve Pippins green.

TAke Pippins when they be small and green of the tree, and pare three or foure of the worst, and cut them all in peeces: then boyle them in a quart of faire water till they be pap, then let the liquor come from them, as you doe from your Quodiniacke into a Bason: then put into them one pound of Sugar clarified, and put into this as many greene Pippins unpared as that liquor will cover, and so let them boyle softly: and when you see they be boyled as tender as a quodling, then take them up, and pill off the overmost white skin, and then your Pippins will bee green: then boyle them in your sirup again till the sirup be thicke: and so you may keep them all the year.

To preserve Apricocks.

OF Apricocks take a pound, and a pound of sugar, and clarifie your sugar with a pint of water; and put it into a preserving pan, and put your Apricocks into it, and so let them boyle gently: and when they be boyled enough, and your sirup thicke, pot them, and so keep them. In like manner you may preserve a peare-plum.

To preserve Mirabolans or Malacadonians,

TAke your Malacadonians: stone them, and perboile them in water: then pill off the outward skin of them: they will boyle as long as a peece of beefe, and therefore you need not feare the breaking of them; and when they bee boyled tender, make sirup of them, and preserve them

them as you doe any other thing, and so you may keepe them all the yeare.

To preserve Pomcitrons.

OF your Pomcitrons take one ponnd and a halfe, and cut them some in halves, some in quarters, and take the meat out of them, and boyle them tender in faire water; then take two pound of sugar being clarified, and make sirup for them, and let them boyle in sirup a quarter of an houre very gently: then take them up, and let your sirup boyle till it bee thicke; and then put it into your Pomcitrons, and you may keep them all the yeare if you please, you may pare some of them; for, some delight them in the skin; and some, pared.

To preserve Cherries.

OF the best and faireſt Cherries take some two pound, and with a paire of sheers clip off their stalkes

by the midst; then wash them clean, and beware you bruise them not; then take of fine Barbary Sugar, and set it over the fire, with a quart of faire water, in the broadest vessell you can get, and let it seeth till it be somwhat thicke, then put in your Cherries, and stirre them together with a silver spoone, and so let them boyle, alwayes scumming and turning them very gently, that the one side may be like the other, untill they be enough: the which to know, you must take up some of the sirup with one Cherry, and so let it coole; and if it will scarce run out, it is enough: and thus, being cold, you may put them up, and keep them all the yeare.

To preserve Red-rose leaves.

OF the leaves of the faireſt buds take halfe a pound: sift them cleane from seeds; then take a quart of faire water, and put it in an earthen pipki

pipkin, and set it over the fire untill it be scalding hot; and then take a good many of other red rose leaves, and put them into the scalding water, untill they begin to look white, and then straine them: and thus do untill the water looke very red. Then take a pound of refined Sugar, and beat it fine, and put it into the liquor, with halfe a pound of Rose-leaves, and let them seeth together till they bee enough: the which to know, is by taking some of them up in a spoone, as you doe your Cherries; and so, when they be thorow cold put them up, and keepe them very close.

To preserve Oranges and Lemmons.

TAke your Oranges aud Lemmons large and well coloured, and take a raspe of steele, and raspe the outward rinde from them: then lay them in water three dayes and three nights: then boyle them tender,

and shift them in the boyling, to take away their bitternesse : and when they be boyled tenderly, take two pound of sugar clarified with a pint of water ; and when your sirup is made, and betwixt hot and cold, put in your Lemmons and Orenges, and there let them be infused all night : the next morning, let them boyl two or three walms in your sirup: let them not boil too long in the sugar, because the rinds will bee tough : take your Lemons out, and boyle your sirup thicker, and so when it is cold, put them up, and keep them all the year.

To preserve Quinces.

OF your Quinces take a pound ; core them, and then perboyle them, and pill off the outermost white skin, and then weigh them, & put into them clarified sugar one pound, & then boil them closely covered upon a very gentle fire, putting unto them a sticke

ſticke or two of good Cinamon cut into ſmall peeces, and ſo ſtirre them continually, that they may be well coloured on every ſide; and when the ſirup is come to the height of a perfect gelly, take them off the fire, and ſo keep them; for the higher your ſirup is, the better will your Quinces keep.

To preſerve Peaches.

OF your faireſt and beſt coloured Peaches, take a pound, and with a wet liunen cloath wipe off the white hoare of them; then perboyle them in halfe a pint of white Wine, and a pint and a halfe of running water; and being perboyled, pill off the white skinne of them, and then weigh them: take to your pound of Peaches, three quarters of a pound of refined Sugar, and diſſolve it in a quarter of a pint of white Wine, and boyle it almoſt to the height of a

ſirup

sirup, and then put in your Peaches, and let them boyl in the sirup a quarter of an houre or more, if need should require: and then put them up and keep them all the year.

To preserve Eringo roots.

TAke your Eringo roots, fair and not knotty, one pound, and wash them clean; and when they bee washed, set them on the fire, and boyle them very tender; pill off the outermost skin of them, but see you breake them not; and as you pare them, put them into cold water, and let them all remaine there till all bee finished; and then you must take to every pound of roots, three quarters of a pound of clarified Sugar, & boil it almost unto the height of a sirup, and then put in your roots, but looke that they boyle very gently together, with as little stirring as may be, for feare of breaking, untill they bee enough:

enough: and when they be cold, put them up, and so keep them.

To preserve Barberries.

TAke your Barberries very faire and well coloured, and picke out every stone of them, and then weigh them: and to every ounce of Barberries, you must take three ounces of hard Sugar; and with halfe an ounce of the pulpe of Barberries, and one ounce of red rose water, you must dissolve your Sugar, and then boyle it to a sirup; being so boyled, put in your Barberries, and let them boyle a quarter of an houre, and then take them up; and as soone as they begin to wax coole, put them up, and they will keep their colour all the year.

To preserve Gooseberries.

YOu must take your large Berries, but not thorowly ripe picke of all the stalkes from

and wash them cleane: take a pound of them, and set them on the fire till they be hot, and then take them off, and let the liquor runne from them, then take ten ounces of hard Sugar, and foure ounces of Sugar-candy, and clarifie it with a pint of water, and the white of an Egge, and boyle it to a thick sirup; and then put in your Gooseberries, and let them boyle a walme or two; and so betwixt hot and cold put them up, and keepe them all the yeare.

To preserve Damsons.

TAke of your Damsons large and well colored, but not thorow ripe, for then they will breake, and picke them clean, & wipe them one by one; then weigh them, and to every pound of Damsons, you must take a pound of Barbary Sugar, white & good, dis- [illegible] half a pint or more of water [illegible] most to the height of a sirup and

and then put in your Damſons, keeping them with continuall ſcumming and ſtirring, and that with a ſilver ſpoone; and ſo let them boyle untill they be enough, upon a gentle fire: and when they be enough, take them up, and keep them all the yeare.

To preſerve Raſpices.

TAke of your faireſt and well coloured Raſpices, and picke off their ſtalkes very cleane; then waſh them, but in any caſe ſee that you bruiſe them not; then weigh them, and to every pound of Raſpices, you muſt take ſix ounces of hard Sugar, and ſix ounces of Sugar-candy, and clarifie it with half a pint of fair water, and foure ounces of juice of Raſpices being clarified: boil it to a weak ſirup, and then put in your Raſpices, ſtirring them up and down, and let them boile untill they

that is, using them as your Cherries, and so you may keepe them all the year.

To preserve Enula Campana roots.

TAke of your Enula Campana Roots, and wash them: scrape them very cleane, and cut them thin to the pith, the length of your little finger: and as you cut them, put them in water, and let them lye in water thirty dayes, shifting them twice every day, to take away their bitternesse; weigh them, and to every pound of roots, you must take twelve ounces of clarified Sugar, first boyling your roots as tender as a Chickin, and then put them into your clarified Sugar, and let them boyl upon a gentle fire untill they be enough: and so let them stand off the fire a good [illegible] betwixt hot and cold put [illegible] your use.

To

To preserve Saterion roots.

TAke your Saterion roots, and pick out the faire ones, and keep them by themselves: then wash them, and boyle them upon a gentle fire as tender as a Quodlin. then take them off, and paire off the blackest skinne of them, and put them as you pare them into faire water, and so let them remaine one night, and then weigh them, and to every pound of roots you must take eleven ounces of clarified Sugar, and boyle it almost to the height of a sirup, and then put in your roots, but take heed they boyle not too long, for then they will grow hard and tough: and therefore when they be boyled enough, take them off, and set them a cooling, and so keepe them according to the rest.

Here end the Preservatives.

To

To make Manus Christi.

OF refined sugar take half a pound and some Rose-water, and boyle them together till it come to sugar againe: then stirre it about while it be somewhat cold: then take your leaf gold, and mingle with it; then cast it according to art, that is, in round gobbets, and so keep them.

To candy Ginger.

TAke very faire and large Ginger, and pare it, and then lay it in water a day and a night; then take your double refined sugar, and boyle it to the height of sugar again: then when your sugar beginneth to be cold, take your Ginger, and stir it well about while your sugar is hard to the pan: then take it out race by race, and lay it by the fire foure houres: then take a pot, and warme it, and put the Ginger

ger in it: then tye it very close, and every second morning stirre it about roundly, and it will be rocke candied in a very short space.

To candy Rose-leaves as naturally as if they grew upon the tree.

TAke of the faireſt Roſe-leaves, red or damaske, and on a Sunshine day ſprinkle them with Roſe-water, and lay them one by one, upon faire paper: then take ſome double refined ſugar, and beat it very fine, and put it in a fine lawn ſearce; when you have laid abroad all the Roſe-leaves in the hotteſt of the ſun, ſearce ſugar thinly all over them; then anon the ſun will candy the ſugar; then turn the leaves, and ſearce the ſugar on the other ſide, and turn them often in the Sun, ſomtimes ſprinkling Roſe water & ſometimes ſearcing ſugar on them untill they bee enough, and come

your

your liking : and being thus done, you may keep them.

To candy Marigolds in wedges, the Spanish fashion.

TAke of the fair yellow Marigold flowers two ounces, and shred them, and dry them before the fire: then take foure ounces of Sugar, and boyl it to the height of *Manus Christi*: then powre it upon a wet Pieplate, and, betwixt hot and cold, cut it into wedges: then lay them on a sheet of white paper, and put them in a Stove.

To candy all manner of flowers in their naturall colours.

TAke the flowers with the stalks, and wash them over with a little Rose water, wherein Gum arabecke is dissolved; then take fine searced Sugar, and dust over them, and set them

them a drying on the bottome of a sieve in an Oven, and they will glister as if it were Sugar-candy.

To candy all manner of Flowers, Fruits, and Spices, the cleer rock-candy.

TAke two pound of Barbary Sugar great grained, clarified with the whites of two Egges, and boyle it almost as high as for *Manus Christi*: then put it into a pipkin that is not very rough, then put in your Flowers, Fruit and Spices, and so put your Pipkin into a Still, and make a small fire of small coles under it; and, in the space of twelve dayes, it will bee rock candied.

To candy Eringo roots.

TAke your Eringo roots ready to be preserved, and weigh them, and to every pound of your roots, you must take of the purest sugar you can get

two

two pound, and clarifie it with the whites of Egges exceeding well, that it may be as cleare as Chrystall, for then it will be very commendable: it being clarified, you must boyle it to the height of Manus Christi, and then dip in your roots two or three at once, till they be all candied, and so put them in a Stove, and keep them all the yeare.

To candy Enula Campana.

TAke of your fairest Enula Campana roots, and take them cleane from the sirup, and wash the sugar off them, and dry them again with a linnen cloth; then weigh them, and to every pound of roots you must take a pound and three quarters of sugar: clarifie it well, and boyl it to the height of Manus Christi, and when it is so boyled, dip in your roots, three or foure at once, and they will candy very well; and so stove them,

them, and keep them all the yeare.

To candy Violet flowers.

TAke of your Violet flowers that are good and and new, and well coloured, and weigh them: to every ounce of your Violet flowers you muſt take foure ounces of refined ſugar, which is very white and faire grained, and diſſolve it in two ounces of faire running water, and ſo boyle it till it come to ſugar againe; but you muſt ſcum it often, leſt it be not clear enough: and when it is boyled to ſugar againe, then take it off, and let it cool, and then put in your violet flowers, ſtirring them together till the ſugar grow hard to the pan: this done, put them into a box, and k[illegible] them in a ſtove.

To candy Goosberries.

TAke of your faireſt berries, but they muſt not be too ripe, for then they will not be ſo good, and with a linnen cloth wipe them very clean, and pick off all the ſtalks from them, and weigh them: and to every ounce of Berries, you muſt take two ounces of Sugar, and halfe an ounce of Sugar-candy, and diſſolve them in an ounce or two of Roſe-water, and ſo boyle them up to the height of *Manus Chriſti*; and when it is come to his perfect height, let it coole, and put in your Berries, for if you put them in hot, they will ſhrinke, and ſo ſtir them in round with a wodden Spatter till they bee candied; and ſo put them up and keep them.

To candy Roſemary flowers.

TAke of your Roſemary flowers ready pickt, and weigh them; to every

every ounce of flowers you must take two ounces of hard sugar, and one ounce of Sugar-Candy, and dissolve them in Rosemary flower water, and boyle them till they come to sugar againe: which done, put in your Rosemary flowers when your sugar is almost cold, and so stir them together till they bee enough, and then take them out, and put them in a box, and keep them to your use in your stove.

To candy Borage-Flowers.

TAke your flowers, and pick them very cleane, and weigh them, and use them in every respect as you did your Rosemary flowers, save this, that when they be candied, you must set them in a still, and so keep them in a sheet of white paper, putting every day a chafindish of coles into your still, and it will bee candied very excellently, and that in a short space.

Here end the sorts of candying.

To make Paste of Pippins, the Geneva fashion, some with leaves, some like Plums, with stalks and stones in them.

TAke your Pippins, and pare them, and cut them in quarters: then boile them in faire water till they be tender; then straine them, & dry the pulp upon a chafingdish of coles: then weigh it, and take as much sugar, as it weigheth, and boyle it to *Manus Christi*, & put them together: then fashion them upon a Pieplate, and put it into an Oven being very sleightly heat: the next morning you may turne it, and put them off the plates upon sheets of Paper upon a hurdle, and so put them into an Oven of like heat, and there let them remaine foure or five dayes, putting every

every day a Chafingdish of coles into the Oven: and when they be thorow dry, you may box them, and keepe them all the yeare.

To make paste of Eglantine of the colour of the red Corall.

TAke your Eglantine Berries, otherwise called Hips, and stampe them in a Mortar with Gumdragagant and Rose-water: then strain it thorow a strainer; then take halfe a pound of refined sugar beaten, and searced, and worke it up into Paste with this straining: then print it with your molds: then stove it, and then gild them.

To make Paste-Royall white.

TAke a pound of refined Sugar beaten and searced and put into an Alablaster Morter, with an ounce of Gumdragagant steeped in Rose-wa-

ter: and if you see your Paste be too weake, put in more sugar; if too dry, more Gumme, with a drop or two of oyle of Cinamon, so that you never deceive your self, to stand upon quantities: beat it into perfect paste, and then you may print it with your moulds; and when it is dry, gild it, and so keep them.

To make Paste Royall in Spices.

TAke of Cinamon and Ginger, of each a like quantity being finely searced: mingle it with your searced sugar, and Gumdragagant steeped in Rosewater, and work it into paste, as you may turn it upon sticks made of peeces of Arrows, and make them hollow like Cinamon sticks: in like sort you may make it paste of what spices you please.

To make Paste of Genua the true way.

TAke two pound of the pulp of Quinces, and as much of Peaches, and straine it, and dry it in a pewter platter upon a chafindish of Coles: then weigh it, and take as much sugar as it weigheth, and boile it to the height of *Manus Christi*, and then put them together, and so fashion it upon a Pie plate, and dry it in an Oven with a Chafindish of coles, untill it be thorow dry: and then if it please you, you may spot them with gold.

To make Paste of Violets.

YOU must take of your Violets that are ready picked, and bruise them in an Alablaster or Marble mortar, & wring the juice from them into a Porringer, and put as much

hard sugar in fine powder, as that juice will cover: dry it, & powder it again, and then take as much Gumdragagant steeped in Rose water, as will bring this sugar into perfect Paste: when it is perfect, take it up, and print it with your moulds, and so drie it in your stove, and not by the fire, for feare of danger, and when it is dry, gild it. It is a fine banqueting conceit.

To make Paste of Gooseberries.

TAke of your Gooseberries, and cut them one by one, and wring the juice from them, till you have gotten so much as you thinke will serve your turn: boyle your juice a little, that it may be thicker: then take as much double refined sugar as your juice will sharpen, and dry it as you did for Violets; and being dry, beat it very fine, and take as much gumdragagant steep'd in red rose water, as will serve, & beat it into perfect paste

paſte in an Alablaſter Mortar: and then take it up, and print it with your molds, uſing it in every reſpect as your paſte of violets. This is excellent good for one that hath a weak ſtomacke.

Here begin Banqueting Conceits, as Marmelades, Quodiniakes, and such like.

To make Muskadine Comfits.

TAke halfe a pound of Musk-sugar beaten and searced: then take Gumdragigant steeped in Rose water, and two graines of Muske, and so beat them in an Alablaster Mortar till it come to perfect Paste: then drive it very thin with a rowling pin, and then cut it into small peeces like diamonds; some cut with

with a rowle ſpoon on the ſides: being thus cut, ſtove them, and ſo keep them all the yeare.

To make Diocitonium ſimplex of Quinces.

TAke of your Quinces, and pare them, and cut them in peeces, and boile a pound of theſe peeces in a quart of faire water till they be very ſoft: then let the liquor run from them, take a pound of ſugar Candy, and beat it fine, and put it into that liquor, and let it ſeeth till you ſee it ſtand like gelly: then take it from the fire, and put therein foure drops of oyle of Cinamon and Nutmegs, and then put in five and twenty leaves of fine gold, and ſtirre it together, and ſo put it in fine Chryſtall Glaſſes, and keep it all the yeare.

To make fine Chrystall Gelly.

TAke a knuckle of Veale, and foure Calves feet, and set them on the fire with a gallon of faire water, and when the flesh is boiled tender, take it out: then let the liquor stand still untill it be cold, then take away the top and the bottome of that liquor, and put the rest into a cleane Pipkin, and put into it one pound of clarified Sugar, foure or five drops of Oyle of Cinamon and Nutmegs, a graine of Muske, and so let it boyle a quarter of an houre leisurely on the fire, then let it runne thorow a gelly bag into a bason, with the whites of two egges beaten; and when it is cold, you may cut it into lumps with a spoone, and so serve three or foure lumps upon a plate.

To make White leach of cream.

TAke a pint of ſweet creame, and ſix ſpoonfuls of Roſe water, and two graines of Muſk, two drops of oyle of Mace, or one peece of large Mace, and ſo let it boile with foure ounces of Iſinglaſſe: then let it run downe thorow a gelly bag: when it is cold, ſlice it like brawne, and ſo ſerve it out. This is the beſt way to make leach.

To make a Walnut, that when you crack it, you ſhall finde Biskets and Carrowaies in it, or a pretty Poſie written.

TAke a peece of your Paſte-royall white, being beaten with Gum-dragagant, and mixed with a little fine ſearced Cinamon, which will bring you paſte in a Walnut ſhell

shell colour : then drive it thin, and cut it into two peeces, and put the one peece into the one halfe of your mould, and the other into the other, then put what you please into the nut, and close the mould together, and make three or foure Walnuts.

To make Quodiniack of Plums.

TAke two pound of Plums, and put them into a Posnet with a pound and a halfe of Brasill sugar, clarified with a pint of faire water, and let it boile till the Plums break: then take it off, and let your liquid substance run thorow a strainer, and then put it againe into the Posnet, and so let it boyle till it come to its thicknesse, and then print it with your molds on what fashion you please.

To make Biskettello.

TAke two ounces of very fine sugar, beaten and searced, and put into

into it halfe a ſpoonfull of Amidum, that is, white ſtarch; a grain of Muſk: then beat it into perfect Paſte, with Gumdragagant ſteeped in Roſe-water: then make it into little pretty loaves the faſhion of Manchets, and ſo put a Wafer in the bottome of every one of them, and bake them in a baking pan, but take heed your pan be not hot, and ſo ſpecke them with gold, and ſo box them. It is a very fine banqueting conceit.

To make a ſpeciall ſweet water to perfume clothes in the folding, being waſhed.

TAke a quart of Damask-Roſe-water, and put it into a glaſſe, put unto it a handfull of Lavender flowers, two ounces of Orris, a Dramme of Muſk, the weight of four pence of Amber greece, as much Civet, foure drops of oyle of Cloves; ſtop this cloſe, and ſet it in the Sunne a fort-

a fortnight: put one spoonfull of this water into a bason of common water, and put it into a glasse, and so sprinkle your clothes therewith in your folding; the dregs left in the bottome (when the water is spent) make as much more, if you keepe them, and put fresh Rose water to it.

To make Mosse powder.

TAke two pound of Mosse of a sweet Apple tree, gathered between the two Lady dayes, and infuse it in a quart of Damaske rose-water, foure and twenty houres: then take it out, and dry it in an oven upon a Sives bottome, and beat it to powder: put to it an ounce of Lignum Aloes beaten and searced, two ounces of Orris, a dramme of Muske, halfe a dram of Amber greece, a quarter of a dram of Civet: put all these into a hot Mortar and pestle, and beat them together: then searce them thorow a coorse

coorſe haire ſearce, and put it into a bag, and lay it among your clothes.

To make Aromaticum Lozenges.

TAke of fine ſugar halfe a pound; boile it with red roſe water, untill it come to the height of Lozenges; and in the cooling, put in of the ſpices of Aromaticum Roſarum, foure drams, with a little Confectio Alchermes, and ſo make them into Lozenges, gilding them firſt, and then cut them ſquare with a knife for that purpoſe; and when you gild them, if your gilding will not ſticke on, wet them gently with a little roſe water, but not too much, in any caſe.

To make a march pane, to ice it, and garniſh it after the Art of Comfit-making.

TAke two pound of ſmall Almonds blanched, and beaten into perfect paſte,

paste, with a pound of sugar finely searced, putting in now and then a spoonfull or two of Rose-water, to keep it from oyling; and when it is beaten to perfect paste, rowle it thin, and cut it round by a Charger: then set an edge on it, as you do on a Tart: then dry it in an Oven or a baking Pan; then ice it with Rose-water and sugar, made as thicke as batter for Fritters: when it is iced, garnish it with conceits, and sticke long Comfits in it, and so gild it, and serve it.

To make all sorts of banqueting Conceits of March pane stuffe, some like Pies, Birds, Baskets, and such like, and some to print with moulds.

TAke a pound of Almond Paste made for the Marchpane, and dry it on a chafindish of coles, till you see it wax white: then you may

may print some with moulds,& make some with hands, and so gild them; then stove them, and you may keepe them all the yeare. They be excellent good to please children.

To make all kinde of birds and beasts to stand on their legs in casting worke.

TAke Barbary-sugar, clarify it, and boyle it to the height of *Manus Christi*: then poure it into your molds,they being seasoned as for your Quodiniack: let them stand a quarter of an houre, and they will be cold, and then you may take them out and gild them.

To cast all manner of frutage hollow in turned work, and put them in their colours, as Orenges, Lemons, and the like.

TAke your sugar being boyled to the height of *Manus Christi*, and

put it into your Alablaſter moulds, being made of three peeces; turne it round about in your hand, while it is hot; and when it is cold, take it out, and put them into their naturall colour.

To make Prince bisket bread.

TAke a pound of very fine Flower, as much ſugar thorowly ſearced, one ounce of Anniſeeds cleane pickt, take eight Egges, and a ſpoonfull of Muskadine, and beat all into batter as thick as for Fritters: beat it thus in a Bowle one houre: then put it into your coffins of plate, or frames of wood, and ſet it in an Oven, and let it remaine there one houre: you may ſlice ſome of them when they be a day old, and drie them again upon a hurdle of Wicker: you may alſo take one of your leaves, and waſh it over with the yolk of an Egge beaten with a little Roſewater, and while it is green, caſt Biskets and Carrowaies

on

on it, and a littly white Candy, and it will ſhew as if it did haile on it; then ſpot it with gold, and give it to whom you pleaſe.

To make the uſuall Bisket ſold at Comfit makers.

TAke a Pecke of flower, and foure ounces of Coriander ſeed, one ounce of Anniſeed, take three Egges, three ſpoonfull of ale-yeaſt, and as much warm water as will make it as thicke as Paſte for Manchets; make it in a long Rowle, and bake it in an Oven one houre; and when it is a day old, pare it, and ſlice it, ſugar it with ſearced ſugar, and put it againe into the Oven; and when it is dry, take it out, and new ſugar it againe, and ſo box it, and keep it.

To make an especiall sweet Powder for sweet Bags.

TAke of the purest Orris one pound, of Red and Damaske Rose-leaves, of each two ounces, of Cloves three drams, Coriander seed one dram, Cyprus and Calamus of each halfe an ounce, Benzoin and Storax of each three drams, beat them all save the Benzoin and Storax, and powder them by themselves, and mix it with the rest of the powder; then take of Musk and Civet, of each twenty graines, Amber greece ten graines, mix these with a little of the foresaid powder with a warme Pestle, and so by little and little you may mix it with all the rest, and so with Rose leaves dried you may put it into your sweet Bags, and so keepe them seven years.

To

To make an excellent Marmelade, which was given to Queene Mary *for a Newyears gift.*

TAke a pound and a halfe of sugar, boile it with a pint of faire water, till it come to the height of *Manus Christi*: then take three or foure small Quinces, one good oringe pill, both very well preserved and finely beaten, and three ounces of Almonds blanched, and beaten by themselves, Eringo roots preserved two ounces and a halfe, stirre these with the Sugar till it will not sticke; and then at the last, put in of Musk & Amber dissolved in Rosewater, of each foure graines, of Cinamon, Ginger, Cloves and Mace, of each three drams, of oil of Cinamon two drops: this being done, put it into your Marmelade boxes, and so present it to whom you please.

T.

To make another sort of Marmelade very comfortable for any Lord or Lady whatsoever.

TAke of the purest green Ginger, six drammes, of Eringo and Saterion roots, of each an ounce and a halfe; beat these very finely, and draw them with a silver spoone thorow a haire searce; take of Nut kernels and Almonds blanched, of each an ounce, Cocks stones halfe an ounce, all steeped in honey twelve houres, & then boiled in milke, and beaten and mixed with the rest; then powder the seeds of red Nettles, of Rocks, of each one dram; Plantane seeds halfe a dramme; of the belly & back of a fish called Scincus marinus, three drammes; of Diasaterion, foure ounces; of Cantarides, adde a dramme; beat these very finely, and with the other powder mix it: and so with a pound of fine sugar dissolved in Rose water,

water, and boiled in Sugar againe, mingle the powder and all the reſt of the things, putting in of leafe gold ſix leaves; of pearle prepared two drams, Oyle of Cinamon ſix drops; and being thus done, and well dried, put it up in your Marmelade boxes, and gild it, and ſo uſe it at your pleaſure.

To make a blanch for any Ladies face.

TAke of white Tartar two drams, Camphire one dramme, Coperas halfe a dramme, the whites of foure Egges, juice of two Lemmons, oyle of Tartar foure ounces, Plantane water as much, white Mercury a peniworth, bitter Almonds two ounces; all muſt be powdred and mixed with the oyle and water, and then boyled upon a gentle fire, and ſtraine it, and ſo keep it: the party muſt rub her face with a ſcarlet cloath, and then

then over night wash her with it, and in the morning wash it off with bran and white wine.

To make printed Quodiniacks of Quinces, a ruby colour.

TAke two pound of Quinces pared, and cut in small peeces, and put them into a Posnet with three pints of faire water, and so let them boile till they be tender: then put into them a pound of sugar, and let it boil till the fruit fall to the bottome of the Pan: let the liquor run thorow a strainer into a Bason, and put it into a faire Posnet, and let it boile till it come to its colour and thickenesse: then print it with your moulds: and you shall know when it is ready to print, by rolling a little upon the backe of the spoone, and if you see it will stand, and not runne downe print it. In like sort you may make your Quodiniack of Pippins; your Pippins will hold all the year.

To

To make Quodiniacks of Raſpices, or Engliſh Corants.

TAke Raſpices ripe and well coloured, and put them in a diſh, and put to them foure ſpoonfull of Roſewater, and mix them together with the back of a ſpoone; then wring the liquid ſubſtance thorow a linnen cloth: ſeaſon it by your mouth with ſugar till it be ſweet enough; then boyle it on a Chafindiſh of coales in a diſh, till it be ready to print: then print it in your moulds, and box it, and ſo keep them.

Here end the conceits of Banqueting.

Your Moulds muſt lye in water one night before you uſe them; and an houre before you print with them, take them out of the water.

CORDIALL WATERS.

Aqua Cœlestis.

TAke of Cynamon six ounces, Cloves one dram, Nutmegs one dram and a halfe, of Ginger two drammes and a halfe, of Gallingale one dramme and a halfe, Cubebs two drams, Calamus roots one dram, all bruised and kept in a paper: then take of Bettony and sage flowers, of each a handfull; Marjorum, Penniriall, of each half a handfull, bruised likewise: then take of these powders, of Aromaticum Rosarum

farum three drams; Diambræ, Diamargariton frigidum, Diamoſcum dulce, of each a dram and a halfe: you muſt put all theſe into a gallon of ſpirit of wine, and ſteep them three daies and three nights, ſhaking them well every day, and then diſtill it in your Limbecks; and when it is diſtilled, you muſt hang halfe an ounce of yellow Sanders, and twenty graines of Musk and Amber in it.

To make Cinamon water.

TAke one pound of the beſt Cinamon you can get: bruiſe it well, and put it into a gallon of the beſt Sack, and infuſe it three dayes and three nights, and then diſtill it as your Aqua Cœleſtis.

To make Doctor Stevens water.

TAke of Roſe leaves one dram, Borage, Bugloſſe, Violets, and Roſe-

mary flowers, of each a dram & a half, Spikenard a dram, cinamon 2 ounces, Ginger an ounce, Cloves & Nutmegs of each halfe an ounce, Cardamons a dram and a half, Gallingale 2 drams, Cubebs a dram, Pepper three drams, Anniseeds, Carrowayseeds, and Fennell, of each an ounce, Lignum Aloes half a dram, Corall and Pearle in fine powder of each one dram; bruise these and put them in a pottle of Aquavitæ and a quart of Sack, using it in every respect as your Aqua Cœlestis.

To make Balme water.

TAke Balme, dry three ounces, Time, Pennirıall, of each an ounce, Cinamon four ounces, a dram of Cardomus, Graines half an ounce, sweet fennell seeds an ounce, Nutmegs & Ginger, of each a dram, Gallingale one ounce, Calamus, and Cyprus, Cubebs and Pepper, of each two drams, of Caper roots halfe a dram, of Diptamus one dram, bruise

these things, and put them to a pottle of Sacke and steep them 24 houres, and then use it as the former waters.

Angelica water.

TAke Cardus dry a handfull, Angelica roots three ounces, of Myrrh one dram, Nutmegs halfe an ounce, Cinamon, Ginger, of each foure ounces, Saffron one dram and a halfe, Cardamons, Cubebs, Gallingale and pepper, of each a quarter of an ounce, Mace two drams, Grains one dram, Lignum Aloes, Spikenard, Juncus Odoratus, of each a dramme; Sage, Borage, Bugloſſe, Violets and Roſemary flowers of each halfe a handfull: bruiſe theſe, and steep them in a pottle of Sack twelve houres, and diſtill it as the reſt.

Roſa ſolis.

TAke Liquorice eight ounces, Aniſeeds, Carroway, of each an ounce, Raiſons ſtoned, Dates, of each 3 ounces, nutmegs, ginger, cinamon,

Mace, of each halfe an ounce, Gallingale a quarter of an ounce, Cubebs one dram, Figs two ounces, Sugar foure ounces: bruise these, and distill it with a gallon of Aqua vitæ, as the rest: but when it is distilled, you must colour it with the herbe Rosa-solis, or else Alkanet root.

Wormwood water.

TAke of Wormwood two ounces and a halfe; Sage, Bittony & Rue, of each half a handfull, Rosemary tops a handfull, Cinamon 3 ounces, Nutmegs half an ounce, Cloves & Mace, of each halfe a dram, Ginger an ounce; Gallingale, Cubebs and Spikenard, of each a dram and a half, of Scordium halfe a handfull: bruise these, and put them into a pottle of Sacke, and a pint of Aqua-vitæ, and steep them foure and twenty houres, and distill them as the rest.

HERE BEGIN Conserves.

To make Marmelade of Quinces.

TAke your Quinces, and boyle them tender: then pare them and cut them to the core: then draw the pulp, that is, the Quince, thorow a haire fearce, and weigh it: to every pound of pulp, take a pound of clarified Sugar, and boyle them together till they come to a perfect colour, putting to them in the boyling a little Oyle of Cinamon; and when it is boyled enough, that it will not sticke to the pan, put it into your Marmelade-Boxes. But your Conserve must not be boyled so

so high in any case, for then it will not be so good.

To make Conserve of Red and Damaske Roses.

TAke of the purest and best colored buds you can get, and clip off the whites from them, and to every pound of leaves, you must take three pound of Barbary sugar, and beat them together till they bee very fine; and then with a wodden platter take it up, and set it on the fire till it be thorow hot, and it will be of an excellent colour.

To make Conserve of Violets.

TAke of your Violet Flowers, and pick off all the blew flowers, and keep them, and weigh them, and take to every ounce of flowers three ounces of refined Sugar, & beat them in an Alablaster Mortar, till they be very fine, &. then take them up, & put them

them into an earthen pipkin; and set them upon the fire till such time as they be thorowly hot, & then take thē off, and put them up and keep them.

To make Pectorall rowls for the cough.

TAkè Liquorice powder finely searced 1 ounce, of the spices of Diadragaganthum frigidum 2 drams, of Gum Arabeck and Dragagant in fine powder, of each a dram, white starch halfe a dram, Annifeeds in fine powder one ounce, mingle it with the rest: then take of Sugar six ounces, of Pennits, one ounce and a halfe, Sugar-candy one ounce powdered and mingled with the former powder: then take Gumdragagant steeped in Rosewater, and beat it into paste, and so make it into long rouls, and so dry them and keep them.

To make Conserve of Borage flowers.

TAke of your Borage flowers well coloured, & pick the blacks from

them : then weigh them : to every ounce of flowers, you must take three ounces of Sugar, and beat them together in an Alablaster Mortar with a wodden Pestle till they be very fine, so that you cannot discerne any sugar in lumps ; then take them out, and put the Conserve into a Pipkin, and heat it thorow hot : and having thus done, put them up, and keep them all the yeare.

To make Conserve of Rosemary flowers.

TAke your Rosemary flowers, fresh and good, and pick them from the green tuske: weigh them, and take to every ounce of flowers, three ounces of sugar Candy, and beat them very fine, using them in every respect as you did your other Conserves.

To make Conserve of Bugloss flowers.

TAke your Bugloss flowers, and picke them as you did your Borage

rage flowers, and then weigh them, and to every ounce of flowers, you must take two ounces of hard Sugar and an ounce of Sugar Candy, and beat them together till they be exceeding fine, and then set them on the fire to dissolve the Sugar; and when it is dissolved, and the conserve hot, put it up and keep it all the yeare.

To make a Pomander.

TAke of Beazon one dram and a halfe, of Storax halfe a dram, of Lignum Aloes in fine powder halfe a scruple, of Labdanum halfe an ounce: powder all these very fine, and search them thorow Lawne: and then take of Muske a dram, Ambergreece ten graines, Civet ten grains, and dissolve them in a hot Mortar with a little Rose water, and so make them into a Pomander, putting into it six graines of Civet.

To make Conserve of Barberries.

TAke of your Barberries which are very red and ripe, and picke them from the stalks, and then wash them, and put unto them a pretty deale of faire water, and set them on the fire in an earthen pan, and so scald them; and being thorowly scalded, pulpe them thorow a fine searce, and to every pound of Pulp, take a pound of powder Sugar, and boile them till it be enough, that is, till it will cut like Marmelade.

To make Conserve of Cichory flowers.

TAke of Cichory flowers new gathered; for if you let them lie but one hour or two at the most, they will lose their colour, & do you very little service: therefore weigh them presently, and to every ounce of flowers, you must take three ounces of double refined sugar, and beat them toge-

together in a Mortar of Alablaſter & a wodden peſtle, till ſuch time as they be thorowly beaten: for, the better the flowers and ſugar be beaten, the better will your conſerve be; let this alwaies be for a general rule: and being very well braied, you muſt take them up, and put it into a chafer cleane ſcoured, and ſet it on the fire till it be thorowly hot: then take it off, and put it up, and keep it all the year.

To keep Cucumbers in pickle all the year.

TAke four gallons of Conduit water, and put into it three quarts of bay Salt, two handfuls of Sage, one handfull of ſweet Marjoram, and foure handfuls of Dill: let theſe boil till it come to three gallons, and then take it off; and when it is almoſt cold put an hundred of Cucumbers into the Liquor, into a Butter barrell, and keep them all the yeare, but looke that alwayes the hearbes lye upon them:

them: and thus done, it will be a most excellent Salet with Oyle, Vinegar and Pepper.

An exceeding fine Pill used for the Gowt.

TAke of Aloes two ounces, Mastick three drams, Agrick half an ounce, Ginger half a dram: let these be powdred very fine: then take of the extraction of Rubarb three drams, and with white wine let them be incorporated into a masse of pils, adding unto them a drop of oile of Cloves, and as much of Nutmegs.

A medicine for the Gowt.

TAke of the Slips of Starres to the number of foure, and then take to every slip foure snailes, and put them into an earthen Pot, & sprinkle foure or five handfuls of Salt upon them, & then put to them Sage, Rue, Wormewood and Hysop, of each four handfuls,

fuls, and so distill them; and when you have distilled them, put to them a quart of Wine Vinegar, wherein an ounce of white Mercury is dissolved, and so bathe the place infected with the Gowt, and it will ease them presently.

To make sirup of Pomcitrons.

TAke Pomcitrons, and cut them in halves, and juice them, but beware you wring them not too hard, lest it be slimy; and then take to every pint of juice three quarters of a pound of refined sugar, and boyle it in an earthen Pipkin till it come to the height of a sirup, and take heed in any case that you boyle it not on too hot a fire, lest it burne: and then, when it is boiled enough, put it up, and keep it all the year.

To make sirup of Violets.

TAke your Violets, and picke the Flowers and weigh them, and then put them into a quart of water; and steep them upon hot embers untill such time as the flowers be turned white, and the water as blue as any Violet: then take to that a quart of infusion, and foure pound of clarified sugar, and boile it till it come to a sirup, scumming and boyling them upon a gentle fire, lest it turne his colour: and being boyled, put the sirup up, and keep it.

To make sirup of Liquoris.

TAke your Liquoris eight ounces, & scrape it very clean, and bruise it very well, and maiden haire one ounce, Annisеed & Fennell seed of each halfe an ounce: steepe these in foure pints of Rain-water halfe a day, and then boile it to a quart: then take

take a pound and a halfe of clarified ſugar, and boile it with that liquor till it come to a ſirup, and then put it up, and keep it.

To make ſirup of Hore-hound.

TAke of Hore-hound two handfulls, of Colts-foot a handfull, of Time, Penniriall and Calamint, of each two drams, of liquoris one ounce and a halfe, of Figs and Raiſons of the Sunne, of each two ounces, Piony kernels a quarter of an ounce, Anniſeeds and Fennel ſeeds, of each a quarter of an ounce boile theſe in a gallon of faire water till it come to a pottle or three pints and then ſtraine it, and take three pound of ſugar, and three Egges, and clarifie that liquor, and ſo boyle it to a ſirup, and ſo keepe it all the year.

To make sirup of Maiden-haire.

TAke of Maiden-hair six ounces, of Liquoris one ounce, scraped and sliced: steep these twenty foure houres in four pints of Conduit water, and then boyle them to a quart, and then take two pound of clarified sugar, and boyl it with that liquor upon a gentle fire of Charcoles, till it come to a Sirup, scumming it very often, that it may be the clearer; for the clearer it is, the better it is, and being boyled enough, put it up.

To make sirup of Hysop.

TAke of Hysop one handfull, of Figs, Raisons, Dates, of each an ounce, of Calamint halfe a handfull, of French Barley one ounce: boyle these in three pints of water to a quart, and then straine it, and then clarifie it with the whites of two Egs and two pound of sugar, and so boil them

them to a ſirup : and being boyled enough, keep them all the yeare.

To keep Cherries all the year, to have them at Chriſtmas.

TAke of the faireſt Cherries you can get, but be ſure that they be not bruiſed, and take them, and rub them with a linnen cloth, & put them into a barrell of hay, and lay them in ranks, firſt laying hay in the bottome, and then cherries, and then hay againe : and then ſtop them up cloſe, that no aire may come neare them, and lay them under a feather bed where one lyeth continually: for the warmer they are the better, yet neare no fire : and thus doing, you may have Cherries at any time of the year.

To make sirup of Mulberries.

TAke your Mulberries which are very ripe, presse out the juice from them thorow a linnen cloth between two sticks, and then to every pint of juice, take a pound of sugar, and boile it to the height of a sirup, and then keep it all the year long: and if it wax any thing thinner, a moneth after you put it up, boile it againe, and then put it up.

To make sirup of Lemons.

TAke your Lemons, and cut them in halves, and betwixt your fingers juice them, and the liquor that runs from them will be very cleare: then take to a pint of juice, a pound and a quarterne of hard sugar, which is very white, and boile it to a sirup, and it will keep excellent well.

To make ſirup of Roſes ſolutive.

TAke of Damaske-Roſes, and pull them, then take a gallon of water, and when the water is hot, put in a good many Damask roſe leaves, and take them out when they look white, and do ſo ten times, and then the water will looke red: and then, to every pint of that liquor, put a white of an Egge, and a pound of ſugar, and clarifie it, and boil it to a ſirup, and keep it all the yeare. The thicker the ſirup is, the better it will keep.

To make ſirup of drie Roſes.

TAke of red Roſes dryed foure ounces, and infuſe them in a quart of faire water upon hot embers till the Roſes have loſt their colour: then take a pound and a halfe of ſugar, and clarifie your li-

quor

quor and sugar with two Egges, and then boile it to the height of a sirup: but take heed in any case, that you set not your sirup upon too hot a fire: for then it will lose his colour, and bee worth nothing.

A Medicine to give a woman in Travell, to make her have Throwes.

TAke corall, amber, date ſtones, Pearle, Piony ſeeds, Saffron, Commine: beat all theſe in Powder, and put it into Malmeſie, and take Unicornes horne, and put it into a ſpoon with a little Malmeſie, and give it to her, and preſently let her drink a draught of the Malmeſie, with the powders aforeſaid, warming of it a little.

A Medicine for the falling down of the Matrice to the bearing place.

TAke Chickweed, and seeth it in an earthen pot: then lay of it upon a peece of scarlet, as hot as the party may suffer it: let her take it to the privy place, and as one plaister cools, so lay another and use it.

Another for to be taken to the Navill, and to the backe, right against the Navill, for the same.

TAke a red Onion, and rost it very tender: then take of Allysander seeds, and bruise them in a woodden dish, and mingle the Onion and the bruised seeds together, and lay it upon a peece of linnen cloth: so lay it to the Navill a little warme: rowle that on, and let it lye on twenty four houres,

hours: then change it, and take a new one till it be whole.

It is good for the Mid-wife to hold Musk below (tyed in a little Lawn) to draw down the childe.

Take Torch-wort, and lay a leafe of it to the crown of a womans head warm, to stay other flowers.

A medicine for a woman after burden, if need be, to bring it downe.

TAke Sothern-wood, and wash it cleane, and stampe it, and strain it in strong Ale, and give it her to drink warme.

To stop the whites in women.

FRy Hemlocke in fresh Swines greace: lay it as hot as she may suffer it, to the secret place.

For a Tetter.

TAke Oats and seeth them in water, and where the Tetter is, hold over the reek thereof, as hot as may be, laying a cloth over it, to keep in the reek, so that the cloth doe not touch the Tetter: use this five times, morning and evening.

To make a Sear-cloth for an Ach that is newly come.

TAke Boores grease, camphire and wax, and boyle them all together, and so make a Sear-cloth thereof, and lay it to the griefe.

For a Felon or a Handcome.

TAke Herb grace, rusty Bacon, sowre Leaven, and Snailes that be with shels on their backes, taking them out of their shels, and beat all these together, and lay it to the grief.

For

For to heale any, if they be scalded with hot liquor.

TAke Alehoof and Avens, sheeps suet, and sheeps dung, and Goose dung, and when you have washed the herbs, breake them altogether a little, and so fry them together, & then strain it, and make plaisters thereof, and lay it to the grief: warm it a little when you lay it to, laying new plasters to it twice a day: you may take the juice of Housleek, and sallet oil, and water, and beat them together, & wash the grief before you use this plaister.

A Medicine for the Whites.

TAke a quart of new milk of a red Cow, ten spoonfuls of Red rose water, a pomgranat pill beaten, and a little Cinamon beaten, & seeth it halfe away sweeten it with sugar, and drink a draught morning and evening, & two whites of Egs beaten.

A medicine for them that are given to bleeding.

MAke a posset, and take off the curd, and take Liverwort, and beat it, and put the juice thereof into the posset drink, and drink it morning and evening warm.

For the heat in the Kidnies.

TAke Housleek and Plantane, and not wash them, but wipe them with a cloth, and beat them, and straine them: and put to the juice thereof Red Rose water, and Wine vinegar, and womans milke, and take the herbs and put them into clothes, and tye the clothes with thred like a couple of bals, and you must (when you doe use it) have one to dot it for you in the morning when you are in your bed: and the party must take the bals, and dip them in this liquor, and so bathe your Kidnies; and as soon

ſoone as one of the bals is hot with doing of them, take the other, and ſo uſe it an houre every morning.

A medicine for the ſtone.

TAke Pellitory of the wall, Smallage, Hollihockes, Mallowes, Tanſie and Saxifrage, of each a handfull: chop them ſmall and quilt them in a little linnen bag: then take three pints of cream, halfe a pint of Malmeſie, a quarter of a pint of running water, and ſet them on the fire; and when it doth ſeeth, then put the bag of herbs into the pot, and when the bag is throughly hot, wring it between two trenchers over the pot to ſave the liquor: then lay the bag to the griefe as hot as you may ſuffer it; and as ſoon as it cooleth, make it hot again in the ſame liquor, and ſo apply it to the griefe.

For the Wormes.

TAke a handfull of Basill mints, a handfull of Lavender Cotton, as much of wormwood, Peach leaves as much, Featherfue a handfull, of unset leeks a handfull: boile them together in three spoonfulls of Wine-vinegar, and of his own water as much, and quilt them in a bag, and so lay it warm between his Navill and his stomack.

To heale a sore breast that comes with the infection of the milk.

TAke Mallows and Saffron, and seeth them in milk, and when it hath sodden a good while, put in some crums of leaven bread, & boil them well together; and a little before you take it up, put some sallet oyle into it: you must let it boil till it comes to a Poultis, and so lay it warme to your brest: if you perceive

that

that this wil not help your breſt without it be broke, you muſt roſt a Lilly root, and lay it to your breſt where you will have it break; and when it is broken, you muſt tent it with leaven and milke ſodden thick together, and make a plaiſter thereof, and lay it to the place where it is broken: you muſt dreſſe it twice a day, laying the poultis all about your breſt, fitting the place that the plaiſter lyes on: you muſt dreſſe it both with new poultis and a new plaiſter twice every day, till it begin to heal, and then once a day is ſufficient.

To ſtanch bleeding at the Noſe.

TAke Bolerminack, and the white of an Egge, and Vinegar, and beat them together, and make plaiſters thereof, and lay them to your Temples.

To ſtanch the bleeding of a wound.

TAke of unſet Hyſop, and bruiſe it a little, and take the powder of the bone that is to be found in a Capers head, and ſtrew the ſame powder on the Hyſop, and lay it to the wound.

Another for to ſtanch the bleeding of a wound.

TAke Hogs dung hot from the Hog with ſugar, & lay it to the wound.

For the weakneſſe in the back.

TAke Clary and Dates, and the pith of an Oxe, and put them together, & then put them to your cream, and Egges, and grated bread, and fry them together, and ſtrew ſugar on it, and eat it in the morning faſting, and you muſt put ſom white San-

Sanders in it also when you temper it together.

For the wormes.

TAke Mares milk, and drink it as hot as you can have it from the Mare, in the morning fasting.

To know whether a childe hath the wormes or no.

TAke a peece of white Leather, and peck it full of holes with your knife, and rub it with Worm-wood, and spread hony on it, and strew the powder of Alesacka-trina, and lay it on the Childs Navill when he goeth to bed, and if he have the Worms, the plaister wil stick fast; and if he have them not, it will fall off.

For one that is bruised with a fall.

TAke stone pitch and beat it, and drink it with white wine or sack, or Malmesie; and if you have none, then take some other liquor: then melt Parmacity, and anoint the place where the bruise is.

For the Wind Colick.

TAke Parsly-seeds, and bruise them, and seeth them in sack, and drink it warm when you have your pain.

For the Gowt that is newly come.

TAke Rubard, and grate it, and mingle it with Conserve of red Roses, and eat thereof every morning fasting a pretty quantity.

A water to wash a Sore.

TAke of Plantane, and Wood-bine leaves, and white Roses, and still them together, and when the water is stilled, put a quantity of Camphire into it, and so let it lye in the water continually.

For the shrinking of the sinews.

TAke the Marrow of a horse bone, and the crops of Elders, and as much of Sage, and chop them together, and boil them in the Marrow, and then strain out the herbs, and put to the liquor one spoonfull of hony, two spoonfuls of Aqua-composita, and a quantity of pepper, and boil it again, and keep it for your use.

For the Piles.

TAke the quantity of Ragwort, and a quantity of ground Ivie, and the

the marrow of the hinder leg of a Bullocke, and beat the marrow and the herbs together, and boyle them on a soft fire, and straine them, and keep it for your use.

A salve to take dead flesh out of a sore.

TAke a spoonfull of Vinegar, and a spoonfull of Hony, and a quantity of Verdi-greace, and as much Alleme, and boile all these together, and keep it for your use.

For the staying of the Flux.

TAke a new layd Eg, and take off a little of the top of it, and poure out a little of the white, and fill up the Eg with Aqua Composita, and stir it together, and roast it, and sup up the Eg in the morning fasting: till you be well use this.

Another for the same.

MAke Rice pottage with Almond-milke : you must not blanch the Almonds, and make little bals of Virgin wax : make them lesse than Pease, and when you doe eat of the Pottage, take three or four of the Bals, and put them in every spoonfull as you doe eat it.

For the Gowt.

TAke an earthen pot, and put into it a quart of Aqua Composita, and take two handfuls of Henbane, and break it, & put it into it, and set the pot in the earth all the moneth of May, and it will come to an Oyl ; and at the end of May, you must take it up, and keep it for your use: you must cover the pot very close when you set it in the ground ; and when you anoint the grief therewith you must doe it against the fire.

For

For the Piles.

TAke Martlemasse beefe, and dry it, and beat it to powder, and then put it into a chafingdish of coals, and set it in a chair, and sit over it.

For an Ague.

IF it be for a childe, take two spoonfuls of good Ale, and seeth it, and scum it, and 1 spoonfull of the sirup of Roses, and let him drink it lukewarm; if for an old body, then take three spoonfuls of good Ale, and two spoonfuls of the sirup of Roses.

To make a fresh Cheese.

TAke a quantity of new Milk, and set it on the fire, and let it boyle, and take halfe a dozen yolks of Egs, and beat them, and stir them in the milk on the fire: then take it off the fire, and keep it stirred till it be lukewarm,

warm, and then put Runnet into it, and ſtir it, and let it ſtand till it bee gathered together, and take up the Curd, and put into it Cinamon and Ginger, and ſtir it about and make diſhes of it, as you think good.

A medicine for a peſtilent Ague, or to drive any thing from the heart.

MAke a Poſſet with white wine, & take away the curd, and take horſe dung of a ſtone horſe, as hot as you can get it from the horſe, and ſtrain it with the Poſſet drinke, and put a little Mithridate, and Cardus Benedictus water, and Unicornes horne: and if you have no Unicorns horne, then put Ivory or Sea-horſe tooth, and give it to the ſick to drink faſting in the morning, warming it, and you muſt put the Unicornes horne into the ſpoone, and take it with ſome of the poſſet-drinke,

and

and so drink the Posset presently after it, & use this two or three mornings.

A medicine for the soreness in the throat that commeth with the Rhume.

TAke halfe a pint of Hony-suckle water, and two Jewes eares, of Plantane and Sickfield halfe a handfull, & a few Columbine leaves: these must be sod with as much white Sugar-Candy as will bring the liquor to a Syrup: you must put in a little Howell, Cinamon, and so take it in the morning, and in the evening, & at such times as your throat is dry.

Another for the falling of the Ewalow, or other paine in the throat.

TAke a handfull of red Sage, a spoonfull of Dil-seed, a peece of lea-

leaven : boyle these in a little new milke till it be thick : then lay it on foure fine clothes, and lay one cloth to the nape of the neck, and another to the throat, and to each temple one, and binde the clothes, and do this as often as need shall require: for it hath been proved.

A salve for a green wound.

TAke a pound of Rosin, halfe a pound of Wax, foure ounces of old Swines grease, one ounce of Verdigrease: boile them all together upon a soft fire, and strain them.

A water to heale all sores in legs, and ulcers.

TAke a pound of Roch-Allome, 4 ounces of green Coperas : beat them somewhat small, and put them in a pan on the fire, ever stirring them till they be molten and dryed again,

againe ready to be powdred, and beat them againe in fine powder, and keep them to your use. When you will make your water, set a pottle of faire Conduit water over the fire, till it boileth fast: then take it away, and as soon as it leaveth boiling, cast abroad your powder on the water, the which will make it to boil: as long as your water riseth, so long cast your powder in; and when it leaveth rising, and is black in the bottome, then it is perfect: then, if you see a dangerous sore leg, first cast your powder presently thereon, and lay thereto three or four fold of linnen cloth wet in water, and roul it up, do so till the Ulcer be clean.

A very good water for a sore mouth.

TAke of Conduit water a pint, one handfull of Hysop, of white wine, and of Almonds a pound, of Roses three ounces: seeth them all together till

till the herbs be tender: then take it from the fire and ſtrain it, and keep it for your uſe: you muſt alwayes waſh your mouth, and rub it after meat, and in the morning.

A Caſtle to breake any ſwelling that is ready to break.

TAke of Commine, of Hyſop, and of quicke lime a like quantity: bray them together in a Mortar, till it be very fine: when you would open an Impoſtume, lay it as big as an haſell Nut upon the next place, and binde it very hard, and let it remaine there 4 houres: then take it off, for it will make the place dead, and then you may let out the matter without griefe to the patient.

A Catitus Plaiſter.

TAke of Litrage of gold powdred very fine, common oil, hogs greaſe

a pound white Coperas four ounces put them altogether in a brazen pan, and ſeeth it over a very ſoft fire of coles, and try it continually untill it come to a body; and in the boyling you muſt caſt into it one ounce of good Roſe-water, or two, and now and then a ſpoonfull; and when it is come to a good body, take it off the fire, and ſtir it till it be cold, and ready to be made up in a rowl, and then make it up.

To make Populier.

TAke of Populier buds a pecke, of hogs greaſe foure pound: ſeeth them both together a quarter of an houre, and then take it off, and ſtrain it: if it be too thin, put in a little wax.

Baſilicon.

TAke Pitch, Roſin, Wax, Sheepes ſuet, common Oyle, a like quantity

tity: beat those small, and put them in a brazen Pan, and melt them all together: then take them off the fire, and strain them thorow a coorse linnen cloth, for the Pitch will not be molten: this is good for all manner of sores; and when you will put in a Tent, mixt it with the yolk of an Eg.

Mauracum Poultnis.

TAke Onions, Garlick, Dow, Lilly roots a like quantity: roast them all in a wet cloth under ashes, and then put them in a Mortar, and beat them small: this is good for all Impostumes to break them out.

A medicine to heal old sores.

TAke Plantane, Bramble tops, Orpin, Betony, Egremony, of each a handfull: drain them and put thereto Rosin and Wax, of each a quarter of a pound; fresh Hogges grease and sheeps suet, of each foure ounces:

ounces: boil them all together till the juice be confirmed: then strain it, and keep it to raise flesh, and heal old sores.

A plaister to heal old sores after they be made clean, and filled with flesh.

TAke sallet oyle half a pint, Lead a quarter of a pound: boil these till they be black, and keep them for your use.

To cleanse a sore, and take away the dead flesh.

TAke Wood-binde flowers, white Roses, Plantane, and still them together; and when it is stilled, take six penniworth of Camphire, and put it into a quart of the water and set it in the sunne for ten or twelve daies, and so wash the sore withall.

A Medicine for a ſore throat.

TAke a pint of milk, halfe a handfull of Collumbine leaves, half a handfull of Gaſell, and halfe a ſcore leaves of ſinkfield, to Jews ears, and ſo the party muſt uſe it evening and morning, and gargaſe it in his throat.

A Medicine that will heale any wound or ſore, and keep it without proud fleſh, or dead fleſh.

TAke half a pound of wax, a quarter of a pound of ſheeps ſuet, a quarter of a pound of roſin, and a quarter of a pound of Turpentine, half a pint of ſallet oyl, two handfuls of Bugle which grows in the Wood, a handfull of Smallage, a handfull of Mallowes, a handfull of Valerin, a handfull of Grunſell, and a handfull of Balme: ſtamp and ſtraine the herbs,

herbs, and put the juice into the foresaid things, being a while boiled: then seeth them together a quarter of an houre: then take it from the fire, and let it stand till it be cold: then take away the smallage from the bottome: then take some of your Balm-water, and put into it, so much as will make it green, and let boil it together half a quarter of an hour, and so take it to your use.

A Glister.

TAke Camomile, Bettony, Dill, Pellitory of the wall, Hysop, Rue, of each a handfull: boile these the broth of a sheeps head, till the broth bee very slippery: then take a pint of the broth strained, and put two of the Pils of Drabes, of each a crowne weight and a half; Diacatholice, Diaphenicon, of each halfe an ounce; Oyle of Camomile, Oyle of Dill, of each an ounce, a

little

little ſalt, and a gliſter : if you will have it breake winde, put into the foreſaid Commine ſeed, Fennel ſeed, Anniſeed, of each bruiſed two good handfulls, and boile all together, and ſtrain it, and make it as aforeſaid, and put in the gliſter.

To take away the heat of a burne, or out of aſcald.

TAke egs and roaſt them as hard as a ſtone : then take out the yolks of them: then take a frying pan, and put in the yolks of the hard egges, and ſo let it fry till it come to an Oyle : then ſtraine it, and annoint the burne withall : then take a bladder, and annoint it with Salletoyle, and lay it to the burne.

To make another Gliſter.

TAke running water, two handfuls of Camon, a handfull of Mallowes, a handfull of Worme-wood a

handfull of Mercury, an ounce of Commine, two ounces of Fennell seeds, two ounces of Annis seeds: beat all your seeds, and set your herbs a boyling, and straine them.

A Medicine for one that is broken.

TAke a quantity of Comfrey, a quantity of Knehome, a quantity of knotted grasse, a quantity of Riberuorum, and a quantity of Polipody: stamp them all together, and straine them in Ale, and then give the patient the same to drinke cold, and trusse him up with some bolster, and let his diet be but competent, eschewing all slippery meats, as butter, and such like: provided alwaies, that the patient keep his bed six or seven daies, lying upon his backe, and sometimes hold his belly with his hand.

To

To make a Poultis for ſwelling.

TAke the crum of Manchet, and ſeethe it in milke till it be thicke: then put in a peece of new Butter about the quantity of a Walnut, or ſomewhat more.

For the Rheume.

TAke a little quantity of Maſtick, and as much Pellitory of Spaine, cut in ſmall peeces: ſew them in a little bag of linnen cloth: keep the bag in your mouth till the Pellitory and the Maſtick be conſumed, and ſpet in the meane time as much as you can.

For the Tooth-ache and the Rheume.

TAke a quantity of Gum of Ivie: put it in a little bag of linnen: then wet your bag in Aqua vitæ or Vinegar, and keep it in your mouth till the Gum of Ivie be conſumed: hold the

bagge over or upon the hollow tooth.

A water for the eyes.

TAke a pint of white wine : then heat a stone called Lapis Calaminaris, red hot, nine or tenne times in the fire, and quench it every time in the wine : the last time you quench your stone, stir it about in the wine : then keepe your water in a cleane glasse, and let it stand, use to put it in your eye one drop or two, morning and evening.

For the eyes.

TAke Rosemary, Housleek, red Fennell, and roast an Egge, and take out the yolke : beat these herbs together and straine them.

For the paine in the head.

TAke of the best sallet oyl you can get, and the flowers of wild primroses,

roſes, and put them into the oyl, and then ſet it on the fire, and let it boil halfe an houre very ſoftly : then put it in a glaſſe, and ſet it in the Sunne three weeks, and then rub your temples evening and morning. E. C.

A Gargas for to purge the head.

TAke a pint and a half of Wine-vinegar, Muſtard ſeeds, Ginger, Cloves, Nutmegs, Pellitory-roots, about the quantity of one ounce: when they are beaten, put it into the liquor, and ſtir them together for the ſpace of a weeke : then gargaſſe it every morning before you uſe the oyl to your head.

For a pin and a web.

TAke the oyle compacted of the bone of a Gooſes wing, and rub it in the palm of your hand, that no ſhivers of the bone do ſtick in it, and

put it in with the point of a pin: for the bigneſſe of a pins head is enough at once.

For a ſwelling.

TAke Burrows greaſe, and ſothernwood, and Aqua vitæ, and boil it together: and when you have boiled it, ſtraine it in a pan.

For a bone ache.

TAke two or three handfuls of Camomile, a quarter of a pound of ſheeps ſuet chopt ſmall, and a peece of ſtone pitch of the quantity of a walnut, and a peece of leavened bread in it crumbled very ſmall: boile it in your own water, till it be very thick, that you may ſpread it upon a cloth like a plaiſter, and lay it on the place where the ache is for four and twenty hours, and ſo dreſſe it three times: if you do, it will take away the ache.

A medicine to heal an old sore or a new.

TAke a quarter of a pound of Rosin, and melt it in a pant let it have left cracking, and then take halfe as much wax, and a little Turpentine and sheeps suet chopt small, and a spoonfull of oyl Olive, and boil them all together, and when you have done so, strain them in a pail of water, and make it up even as you will occupy it, and draw your plaisters thin, and dresse it three times a day, that is to say, at morning, noon, and eveninng, till it be almost whole: then dresse it but twice a day, morning and evening; but if there be any core that hinders the healing of it, take a little Mercury, and put it in two spoonfuls of water; and when the Mercury is melted in the water, and congealed together, take a feather, and drop in two or three drops, and lay a plaister upon the wound, and it will bring forth the core.

For an Andcorne.

TAke halfe a dozen knots of a young Oake, and put them in a fire pin, and burn them to a red cole, and take Boars greafe, and fine fuet, and two or three corns of falt, and ſtampe them very fine, and ſo make a plaiſter of it, and if it do draw and heale too faſt, lay line underneath the ſalve: you muſt dreſſe it twice in the Winter dayes, and thrice in the Summer dayes.

The copy of D. Stevens *water.*

TAke a gallon of the beſt Gaſcoin wine: then take Ginger, Gallingale, Cinamon, Nutmegs, Graines, Cloves, Anniſeeds, Fennell-ſeeds, Carroway ſeeds, of each of them a dram weight: then take wilde Time, Hyſop, Lavender, Sage, Mints, red Roſes, Garden-Time, Pellitory of the wall, and Roſemary, of each of them

them one good handfull, and bray the herbs very ſmall, and ſtampe the ſpices all together very ſmall : put all together into the wine, and cloſe it faſt twelve hours, and ſtir it divers times : then ſtill it in a Limbecke, and keep the firſt water, for it is the beſt : and then keepe the ſecond, for it is good, but not ſo good as the firſt. E. C.

A dramme weight of the ſeed of Collumbine, bruiſed with halfe a peny weight of ſaffron drunken with wine, is good for the Janders : then goe to bed and provoke ſweat : the flowers diſtilled are good for the ſame purpoſe, and againſt ſwownings.

Pimpinell.

THis herbe is good againſt the Peſtilence, to be taken faſting in a morning, and good againſt the ſtone: the roots ſodden, condited in ſugar,

may profit them that have cold stomacks, and are troubled with too much fleame, the collicke and stone: this root any way taken, is good against poison.

Mouseare, is hot and dry: some use to give the juice of this common Mouseare, to hinder the cold of a quartan Ague: some use to gather the roots in May, and dry it, and give it to them that are broken: it is good for the bloody Flix, the great scowring of the mother, for wormes both outward and inward, common flixes, for vomiting of choler, and spetting of bloud, and bursting, and specially for breaking of the brain pan.

The juice of Costemary drunken, killeth both small and great Worms in the belly; it is good for a cold Mother; it strengthens the stomack, whether it be drunken or laid to, and staieth vomiting: the herb of this nature, whether it be strewed, or else perfume made

made thereof, drives away Serpents, and is good againſt their poyſons, and it helpeth and ſtrengthneth the head.

To take out the heat of a burn.

TAke the fat of Hogs guts and ſheeps trittles, and boyle them, and put them in a pot; this will heale the party, and take out the fire, and will keep good a whole yeare: this hath been proved.

To take the heat out of the face.

TAke running water and Elder-flowers, Plantane, white Dayſie-roots, and herb Robert: put them in the running water, and waſh your face morning and evening therewith.

A Medicine for a Canker in ones mouth, proved.

TAke running water, a handfull of Wood binde leaves, a handfull of Bramble leaves, a handfull of Columbine leaves, a little Rosemary, and boyle them together till halfe the water be wasted: then put in two or three spoonfuls of hony, a peece of Roch-Allome, three or four spoonfuls of wine-vinegar, and wash your mouth with the sodden herbes therof three or four times every day.

The Diet drinke.

FIrst buy a dyet pot of the common sort, such a one as will cost eight pence or ten pence: then put into it halfe a pound of Liquorice scraped and bruised, halfe a pound of Anni seeds bruised, three quarters of a pound of Lignum vitæ bought at the Turners, and one ounce of the barke of

of the ſame wood, which is to be bought at the Apothecaries, halfe a pound of Raiſins of the Sunne, the ſtones take out, a good handfull of Scabias, an ounce of Chiny, two ounces of Solyprilla, a quantity of white wine: then fill up your pot with fair water, ſaving a pint: then cover your pot with his cover, and cloſe it round about the brim with paſte: then ſet it on a ſoft fire of coals, and let it boyl three hours, till the fourth part be waſted: then put the cleareſt into bottles, and drink morning and evening a good draught, and ſo doe fourteen or fifteene dayes.

If you put a little of the wood into the fire, and there fry out of it like oyle, then you ſhall be ſure it is good.

For

For the head-ache.

TAke two handfuls of Vervine, Betony, Camomile roots, Lettuce, Checmete, of each sort two handfuls, dried Roses; put them to powder of Nutmegs; boyle this in white wine; then take out the herbs and fry them in Oyle-olive, and straine them in a cloth, and make an ointment thereof, and therewith anoint the head.

To make the Rheume-medicine.

TAke five quarts of Hysop water: it must be stilled when the Hysop beareth flowers; and one pound of English Liquorice clean scraped, and cut in little peeces: bruise them, and then put it to the water, & boil them till halfe be consumed away: then straine it in shallow pans, and set it in the Sunne, and stirre it now and then, & sometimes set it over the fire till you see it wax black, but do not boile

boile it, and it will wax ſtiffe with ſtanding in the Sunne, that you may make it in little cakes.

A ſalve for a cut.

TAke ſix ounces of Deere ſuet, foure ounces of Wax, four ounces of Roſin; ſtampe and ſtrain Velerian, and take the juice as much as you thinke will make the ſalve look greene, and boyle them together till it come to a ſalve.

A medicine for the ſtopping of the Liver, very good for them that have the Jaunders.

TAke Paſſly-roots, Fennell-roots, Aſperigon-roots, kneeham-roots, Succory-roots, of each the weight of halfe a crown in ſilver; of dock roots the weight of twelve-pence a little Liquorice, half a handfull of Raiſins of the Sun ſtoned: boil this in three

pints

pints of water to a quart, and make Almond milke with the liquor, and take two parts of sweet Almonds, and one part of bitter: sweeten it with sugar, or else with sirup of Succory, and drink a draught three mornings together, fasting three houres after it, use this every moneth; you may put in Barly husked, and Saxifrage, Maiden hair and Liverword.

For the Worms.

THE powder of Coralina, to the weight of three pence in silver, given in the water of Couchgrasse.

A Medicine for a quartan or a tertian Ague.

TAke the Herbes and roots called Harts-horn, Plantane and Orpin, & beat them with a little white wine and a little bay salt, and so lay it on a cloth upon your wrist, but be sure it lye on the places on both arms, changing

ging it every four and twenty hours: be ſure alſo, that you lay it two hours before the fit commeth, and hang nine roots of the Harts horn about your neck in a ſilk bag, ſo that it may lye upon the hollow of your ſtomack and let it hang till your Ague bee gone. You muſt not waſh neither herbs nor roots; and you may take the roots when you cannot get the herbs, and uſe them ſo.

For the Canker in the mouth, or rawnes, or in the lower part of the woe.

TAke red Fennell, red Sage, Hyſop, Herbe grace, Roſemary, Hony-ſuckle leaves, Fetherfue, and Dayſie leaves, of each a little quantity, in all two handfuls; boyle theſe in a quart of running water to a pint; ſtrain it and let it ſtand untill it be clear, and put therein a ſpoonfull of Engliſh Hony, and as much Roch Allome bea-

beaten, as the bigneſſe of a Bean, and boile it together : you muſt take off the ſcum as it doth ariſe when it is boyled: put it into a glaſſe, and keep it for your uſe ; you muſt warme it when you take it.

A good medicine for an Andicome, or a botch, or a ſore breaſt, or Carbuncle, to ripe or break them.

TAke a quantity of Herb grace, a quantity of leavened bread well crummed, halfe a ſpoonfull of Sallet oyle or Capons greaſe; boil theſe in good Ale grounds, and keepe it with ſtirring till it be thick ; and when you uſe, lay it upon a cloth warme to the griefe. This medicine will diſſolve a breaſt without breaking it, unleſſe it need breaking: you muſt change it every day once.

A good salve to heale it when it is broken.

TAke a quantity of Boars greaſe of Wax & Roſin, of each a like quantity; you muſt ſcrape the wax, and beat the Roſin, & boil them together till they be melted; then take Lapis Calaminaris and Roch-Allome, as much as a beane of each, and beat them together; then take a ſpoonfull of Engliſh Hony, and put them together, and boyle them againe, and when it is well boyled, powre it into cold water, and make it up in rowls, and keep it for your uſe.

A medicine for a bruiſe.

TAke a quantity of ſtone-pitch, as much gray ſope, and beat the pitch finely to powder, and boyl them together with ſtirring till it be boyled: then take it off the fire, and let

let it coole, and then spread it upon a cloth, and lay it to the griefe: it must not be thorow cold, for then it will not spread: and if one do not heal it, then lay on another cloth spread with the same.

An oyntment for an Ague-sore, or other sores, and for swellings.

TAke a Bryome root, and cut off the out side thin: some do call it wild vine. slice it, and lay it all night in a pint of Sallet oyl, and then boile it, strain it, and keep it for your use: for this is good to annoint any Ague-sore, or any other swelling. Then take half a pint of sal. oyl, and as much red Lead as you can buy for two pence, & boyl them together, and keep it stirring till it look black: then take as many cloaths as you think will drink up the oyle and the Lead, and then coole it, and keep it for your use.

This oyle and Lead is good for Ague-

Ague sores and other sores. Remember to anoint the sores with the ointment aforesaid first, and then lay on the Sear cloth, doing this twice a day till the sore be whole. And for swelling, you must use the Bryemeroots and the Oyle only, without the Oyle and the Lead.

An approved good medicine for the tooth-ache.

TAke Rose-water, either red or damaske; take yellow wax a quantity, and fresh butter, of either an equall quantity, and mingle them together in a dish upon the coals, and then take a linnen cloth, and dip it therin, and lay it to that side of your jaw where you are grieved, as hot as you can suffer it; the hotter, the better.

A medicine for the bloody flix.

TAke two tostes of cheat-bread, & toste them; and two Egges, and roste

roste them hard, and take the yolks of them, and the liver of a chick, and beat all this together small: then put all this into a pint of Charn milk: then take half an ounce of cinamon: beat it smal, & put it in the medicine and then take of it evening and morning fasting, for so it most availeth you: but if your stomack be weake, then put in some sugar to sweeten it.

For the pin or web in the eye.

TAke the juice of Parsly, and half as much Hony, and with a feather drop it in the eye; and after it, you must put in some powder of white sugar candy: you must dresse it thus very often.

For to take the Ague out of any place where it doth fall.

TAke Suecory, a pretty quantity of it, and mingle it with some Boars grease;

greaſe, and ſpread upon the cloth, and warm it againſt the fire, and lay it to the place.

A medicine for a green wound.

TAke a quantity of Venice turpentine, and waſh it in fair water till it be white, then take a plaiſter thereof, and lay it to the wound till it be drawne: then take the yolk of a new laid egge, and adde thereto a ſmall quantity of fine wheat flower, and a little freſh butter, and mingle them together, and lay a plaiſter thereof unto the wound after it is drawn, with the Turpentine.

Another Medicine to be taken inwardly for a green wound, to be taken in Ale or beere: it is likewiſe good for the ſhutting of a bone broken or cut, either for Man or Beaſt.

TAke juice of an herb called Bonwort, to the quantity of 3 or four ſpoon-

spoonfuls or more, according to the stomack of the party that is hurt take the same quantity and drinke it either in the milke, or as before is written, three or four severall mornings fasting, or oftner if you will, and it will free the party; when the herbe is not to be gotten, then you may use the root, and it will avail as much.

If the wound be but little, either this drinke, or the medicine before written will help it; but if it be great, you must use both together.

For to heal wounds and sores.

TAke Rosin and Frankincense, of each foure ounces, of white Wax and Olibinum, of each three ounces; of Harts suet, of Masticke, of each an ounce; Venice turpentine halfe an ounce; white Wine a pint; melt the Rosin, the Frankincense, and the Harts suet together; then straine it in a pan, and put therto all the white Wax,

Wax, the Olibinum, and the Maſtick made into powder, and the white wine: boyle all together till the wine be conſumed: then take it from the fire, and ſtir it till it be almoſt cold: then put in the Turpentine, and make it in a rowle, and keeps it in Parchment or Leather.

Another.

TAke Calamint, Peniryall, of each a like quantity, Nigella-romana-ſeed a little bruiſed, a French crowns weight: boyl all theſe in poſſet-drink made of white Wine and Ale; a good draught evening and morning you muſt drinke.

A medicine for the head-burning that long time hath been.

TAke a quantity of the Gaule of a Hare, and as much Hony: mingle it together a good while, till it turne red, and with it anoint the fore-head,

and all the aking ſhall be taken away: this is a precious cyntment.

For to ſet a bone, or heal a broken bone in Man or Beaſt.

TAke the juice of Comfrey roots, and wilde Daiſie roots, and boil them with Turpentine and yellow wax, and make a flat plaiſter thereof, and lay it to the griefe, and ſet ſplinters about it, and rowle it to keep it ſtiffe, once in five dayes, untill it bee whole: you muſt drinke the juice of the roots nine dayes in ſome liquor, either to man or beaſt, when you uſe the plaiſter.

For the Piles.

TAke new milke, and thicken it with Oat-meale finely ſifted thorow a ſieve, and let it ſeethe till you make it up like Suppoſitaries: then take it up, and cut off the outſide of a Race of Ginger, and grate it, and min-

mingle it together, and some of it make into a plaister, and the rest make like Suppositaries, and put them up as you doe Suppositaries: then lay a plaister on the place, and use this till you be whole.

A medicine for a Rupture in old or young.

TAke Knotwort, Ribwort and Comfry, of each a like quantity; wash them, and dry them, & set them in the oven when the bread is drawne, that so they may dry: then beat them to powder; then searce them finely thorow a searce or sieve; and looke what quantity you take of the herbs when they be dryed, take half so much Anniseeds, and beat them with the powder of the herbes, and searce them: and thus having made the powder ready, when you will use it, take as much of the powder as you can lay, or take upon a good broad sixpence, and fourteene mornings together give it

to the party to drinke with a little Malmsie, fasting, and anoint the place with oyle of Spike mingled with any other thing: and also take such herbs as you make your powder of, and seethe them in faire running water untill they be tender, wringing the water out of them, and apply them to the place as hot as the party can suffer it, and let not the trusse be too strait, least it force the place to rent further. Take the herbs to make the powder within May, when the chiefe strength is in them: the Knotwort beares a little watchet flower. This hath beene proved on children so borne, and on old folkes that have been foure and twenty yeares broken, and doth helpe all sorts, that with good usage do not abuse themselves, through the grace of God.

For

A Medicine to be used during all the time of the Plague; good against Infection.

TAke a pint of white wine vinegar and halfe a pint of Jene Trekle, and a quantity of Bole Armoniacke, otherwise called Bolles verus, and stirre all this together, and take three spoonfuls in the morning fasting, and fast an houre after it, and take three spoonfuls an houre after supper.

Another Medicine for paine in the head.

SEeth leaves of Agrimony with Hony, and give them to drinke, draw it thorow a cloth, and keep it in a box, and therewith anoint your head, and wash your head in the water that Celandine is sodden in.

For the aking of the head.

SEethe Pulioll in Aysill, and then put it in thy nose. Take Rue and Fennell, and seethe them together in water, and wash therewith the head.

For a fellon of the head that swelleth the head of a man: and that before written is for the same.

TAke the grease of an Hart, and Hony, and Barly meale, and Otterelt, and Moycell, and stamp them together, and after shave thy head, then make a plaister, and lay it to thy head as hot as you may suffer it, and let it lye till it be whole.

For all Evills of the head.

TAke Rue, and stampe it with strong Aysill: mingle it, and wash the head therewith.

For

For the Carbuncle or the Postume in the head.

TAke Wormwood, Origanum, Mayron, by even portion, and seeth them in sweet wine, and after that wring out the juice, and lay it to the ears of the sick with two sponges, as hot as he may suffer it; use this 2 or 3 times, and he shall be whole.

For the Megrim, Postume, dropsie, Fever, and all manner of aking in the head.

TAke a penny weight of the root of Pellitory of Spaine, six peny weight of Spicardy, and grinde them together, and seeth them in good Vinegar, and take a Saucer full of Hony, and five of Mustard; and when the liquor that is boyled, is cold, put thereto the Hony and the mustard, and stirre them well together, and let the sicke use thereof half

halfe a ſpoonfull at once, and hold it ſtill in his mouth the ſpace of two creeds, ſaying, and then ſpet it out into a veſſell, and doe ſo ten or twelve times; a good while after hee hath eaten at noone, and a little before even ten or twelve times: and when he goes to bed, take and waſh cleane his mouth, and drinke a draught, and goe to bed: uſe the medicine three dayes and he ſhall be whole.

For the Head ache.

TAke and ſeethe Vervine and Betony, S. ffes, and Wormwood; waſh the parties head with the water thrice in the week, and take the herbs, and make a plaiſter, and lay it upon the upper part of the head on this wiſe.

Take the herbs aforeſaid when they are well ſodden, and wring out the juice of them, and then ſtamp them in a mortar, & temper them with the water wherewith they were ſodden, &

put

and put thereto the bran of wheat for to hold the juice of the herbs, that it go not out, and make a garland of linnen that may goe about the head, and bind the plaister under it as hot as the sicke may suffer it: doe this three times, and he shall be whole.

Another.

CLoves comfort the stomack, liver and heart, they helpe disgestion, and stop the belly: they quicken the eye-sight, and scowre away the clouds and hawes of the eyes: they are good against all cold diseases, and they are hot in the third degree. The oyle of cloves is very good for a cold stomack, and for any other place that hath need of warming, as a rhumatick braine.

Another.

TAke of litrage of lead four ounces; of Vinegar, common oyle, a like

like quantity: put the litrage in a mortar, and put a little of the vinegar, and a little of the oyl, and beat them together, and so put in by a little and a little all your oyle and vinegar: you must beat them two houres together; it must be as thick as your green salve.

Another.

TAke Camphory, hearts-ease, Privitæ, Plantane, of each of them a handfull; bruise these in a Mortar, and put thereto Harts suet fine Sallet oyle, of each dim.li. mingle them well together, and let them stand foure and twenty houres; then put them into a pan or brasse pot, & put thereto Wax and Rosin broken in small peeces, of each dim.l.b. let these boil all together over a fire of coales, till the juice of the herbs be consumed, and the oyntment green: then strain it thorow a canvase cloth into some pot that you will keep it in; and when it begins to be cold, then put thereto foure

four ounces of Venice turpentine; ſtir all together untill it be thorow cold, and keep it cloſe covered.

Another.

THE Wine of Eye bright is made for the eyes, by putting the herbs into the Muſt till it be perfect Wine; whoſe uſe make the eyes of old men looke young: for it is hot and drye; and the powder of it beaten with the yolke of an egge, worketh the ſame effect: the powder received in Wine, if the Wine be too ſtrong, put in Fenell water or Sugar.

A medicine againſt the ſtone in the back or bladder, or for the weakneſſe of the back, which is called the running of the reines.

TAke Venice turpentine, and waſh it in Roſe water, either red or damaske, untill it looke white: then divide it into ſmall bals, as you may eaſily

easily swallow to the full quantity of three hasell-nuts or thereabout: then roule them in sugar, to make them the more easie to be taken: then swallow them in the morning fasting, and fast four hours after them: take these three or foure severall mornings together, and in your water you shall finde much gravell.

To take away the pock-holes, or any spot in the face.

TAke white Rose-water, and wet a fine cloth therein, and set it all night to freeze, and then lay it upon your face till it be dry: also take thre poppies, the reddest you can get, and quarter them, taking out the garbage: then still them in a quart of new milke of a red cow, and with the water thereof wash your face.

To

To make Snow.

TAke the whites of five or six egs, a handfull of fine Sugar, and as much Rosewater, and put them in a pottle of cream of the thickest you can get: beat them all together: as the Snow riseth take it off with a spoone: you must beat it with a stick cloven in foure: then must you take a loafe of bread, and cut away the crust, and set it upright in a platter: then set a faire Rosemary branch in the loafe, and cast your Snow upon it with a spoon.

A medicine for the Piles.

TAke the herbe called Torchwort: it groweth high, bearing a yellow flower, blowing out of the stalk, the leaves looke hoare. Take the juice and boyle it with fresh butter a little while, and keep it close, and use it e-

vening and morning if a Cows udder be stung or bit with a Snake or such like, take Lavender and wash it clean and seethe it in chamber lye a good while, and wash it evening and morning warm: you may put a little fresh butter in it, and milke out the milke when you do it.

A medicine for a cold, or a burn, or a sore, approved.

TAke Watersuck leaves, otherwise called Hogwort leaves, Allyhouse, Daysie roots, leaves and all, and a little Rosemary; wash them, stamp them, and boyle them in cream till it is butter: then straine them, and apply it warm to the burn: prick the watersuck leaves, and lay them upon it, dressing it twice a day, or three times, if need be. To heale a sore put Turpentine, Rosin, and Wax in it, dressing it with Lint.

For the ſtitch.

TAke Stitchwort, Bay leaves, Holly without prickles, of each a like quantity, the juice, graines beaten; drinke it in Ale warme.

For the ſwelling.

TAke the grounds of good Ale, Glovers ſhreds, and white bread crums and Sage: boyle them, lay it to warm: it will ſwage the ſwelling and the ache: it hath been proved.

For the Tooth ache.

TAke Organy that groweth cloſe to the ground, and taſteth like Aqua vitæ; bruiſe it, lay it to the tooth; burſa paſtoris will doe the like.

For

For a Bite, or Felon, or sore leg.

SEeth a pinte of Ale to two spoonfuls, like a sirup: prick a peece of leather with a pin: it will heal it without breaking, if it be broken, take lint to the hole with some salve; let it lye foure and twenty houres, lay it too cold.

For the Scratches of a horse leg.

TAke Vinegar, Mustar-seed, Gunpowder, boyle them: wash it hot three or foure times; proved.

For the Gowt.

TAke Mallowes and Sengren: beat them, and boyle them in water: then straine them, put Oatmeal groats soked in Vinegar, and sheeps suet untried: then boyle it to a poultis; proved.

For

For the Ague.

TAke a red Onion cut ſmall, ſix & fifty graines of Pepper beaten ſmall; binde it to the wriſt halfe an houre before the fit; proved.

For the Gowt.

TAke a fat Whelp of a Hound: ſcald it like a Pig: garbage it in the ſide: then take red Nettles ſtamped with two ounces of Brimſtone, foure ounces of Turpentine, foure yolkes of egges; ſtuffe the belly, and ſew it up: roſte it with a ſoft fire; ſave the dripping; anoint the place; it is good for the ſinewes and crampe; it will drive it away; for the like effect, Oyle, Nettles, White-wine, boyle them, apply them hot.

For the Sciatica.

TAke the gall of a Bull, a quart of wort; boyle it to a pint; then put in

in a pint of Vinegar, Fankincense, one ounce in powder, of Hony half a pound of Commine halfe a pound in powder: boile it thicke: spread it on leather, lay it too hot two or three dayes; lay a linnen cloth between the skin and the plaister; the plaister will serve many times; proved.

For the Tooth Ach.

ALlom as big as a Walnut, Garlick an handfull: twenty Beanes, an handfull of Bay salt, Pepper; beat it together; lay it to the wrists twenty foure houres, or more.

For to stop the bleeding of a wound.

THE wooll of an Ink horn, Sanguis draconis, and Ballarmonack, and the whites of egges laid on too.

For

For a consumption either for old folks, young folks, or children.

TAke Longwort, Liverwort, Harts tongue, of each a handfull, red Mints, red Sage, Mother of Time, of each a handfull, Parsley and Fennell roots, the pithe out of each, halfe a handfull, Liquorice an ounce, Annifeeds an ounce, Sceny two ounces, Turbet an ounce, Capdates two ounces, Cinamon an ounce, Nutmegs two ounces, white Sugercandy foure ounces, Rubarb an ounce sliced: stampe your spices, and your seeds, and beat your other Apothecary stuffe, and shred your herbes fine: boyle it in three quarts of Rennish wine to a pottle; straine it; drinke foure times a day a quarter of a pint at a draught warm; put in a penniworth of Aqua vitæ, and as much sugar as beaten fine: after it is boyled, if the Patient be laxative, leave out your Rubard, Sceeny, and Turbet, and boyl

boyle it in wort; it is best in wort for children; for aged folks that be weak, boyl in the stone of a boar or a Ram, or a horse, is best; one stone is enough for one time; you may take one to purge, and another not to purge; the second receit is enough; purge first.

To make one make water.

TAke the stones and kernels of Peaches and Medlers; beat them fine; sift them thorow a searce; put in Sugar, drinke it in white wine.

To make a Sear-cloth.

TAke a pound of Stonepitch, as much Rosin as a great Walnut, and twice as much cleane wax, a spoonful of fresh swines grease boyle all together till it be well mixt, then cool it in water; then oyle your hands with Hogs grease, and labour it in your hands an houre and more till it will cleave to your hands.

For the same, and the best for all manner of Aches.

TAke Rosin dim. lib. of Perrosons a quarter of a pound, as much Gum maltick, a quarter of a pound of Deer suet, two ounces of Turpentine, one ounce of Cloves and Mace, of Saffron two ounces, the liquor must be oyle of Roses.

A soveraigne Medicine for a great Ache.

TAke Sparmacity eight peniworth, of Oyl two d. of black Sope halfe a pound, of butter without Salt as much as a great Walnut; boyle it on a chafingdish of coals halfe an hour, stirring it well from the bottome; spread it on leather, as broad and as long as your griefe; lay it too foure or five dayes.

To

To make a good Oyntment or Salve for any sore.

TAke a good handfull of sage, as much of Plantane, as much of Brounwort, as much of hony suckles, as much of Tursame, as much Valerion: boyl all these in May butter till it be brown; then strain it, and put in a quantity of Virgin wax; then boile it again.

A good Receipt for all manner of sores, old or new, named, The gift of God, praise be to him.

TAke Betony, Vervin, Pimpernel, Bugle, Smallage, Plantane, Scabeas water, Agrimony of each a like; stampe them together; boyle them together in a gallon of white wine to the third part; then straine them, and put to them a quantity of sheeps suet, and halfe a pound of Wax, dim.lib. of Rosin. dim.lib. of pitch, one

one lib. of Olibinum, and boile it again.

For Bags in the fundament.

TAke the yolke of an hard Egge roasted, the oyle of Roses, and Marigold leaves: beat it together, lay it too hot.

To kill a Tetter.

TAke green broom: boyle it in a quart of running water half away: bathe it with it.

For the Pestilence.

TAke the water of Betony, and Pimpernell, Turmentill, or Scabeas; mix it together, drinke it nine dayes fasting, and fear no Pestilence.

For

For one that is taken within the body, or any place.

TAke Roſe cakes, Aqua vitæ, and Roſe water, heat it on a chafing-diſh of coals; lay it to the ſtomacke; they ſhall mend by Gods grace.

For the Ague or Cold.

TAke green Alderſtickes; take the inner rinde, a handfull; beat them, drinke it in Ale faſting, faſt three houres, walking after it; then eat a Caudell.

Another for the Ague.

TAke a ſpoonfull of juice of Orenges, as much Aqua-vitæ, mingle it with a yolk of a new laid egge in the ſhell, ſup it up faſting once or twice.

K. Henry the eight his perfume.

TAke ſix ſpoonfuls of compound water, as much of Roſe-water, a quarter

quarter of an ounce of fine Sugar, two graines of Muske, two graines of Amber-greece, two of Civet: boyle it softly together: all the house will smell of Cloves.

For the Strangurion.

TAke Horehound one handfull and a halfe, red wine halfe a pint, oil-olive five spoonfuls: boil it together, put it in a linnen cloth to the small of the backe, as hot as may be.

To cleanse a wound.

TAke Beere, Wheat, Stone-flower, and Hony: boyl it thicke: apply it to.

For the Gowt.

TAke Worme-wood, Wall-wort, Wheaten bran, Cow-dung, and salt, boyle it in vinegar: plaister it to the griefe.

For a bruise.

TAke halfe a pint of Sallet-oyle, as much oyle of Roses, as much Aqua-

vitæ, and three or fourſcore ſnailes that beares ſhels, ſtampe them ſmall, and boyle them to oyl.

To keep one Laxative.

TAke a new laid Eg: put out the white, then put in new butter unſalted; heat it, then eat it, uſe it often.

Two remedies very good againſt Wormes in little children.

TAke flower of Wheat well bouted as much as will lye upon three crowns of gold; put it in a glaſſe, and powre into it well-water, ſo much as will ſteep the ſaid flowre, and make it looke as it were milke, and no thinner: then give the childe drinke of it, and you ſhall ſee with his excrements the worms come forth dead, which is a very good remedy.

The

The second remedy against worms.

FOr children that be so little, that the medicine cannot be ministred at the mouth, you must take very good Aqua-vitæ, wherewith you must wash or wet the stomack or breast of the child: then powre it upon the said place with the powder of fine myrrhe and lay the child down a little while with his breast upward, and you shall see incontinently the Wormes, with the childes dung, come forth dead.

To heale children of the Lunatick disease, which happeneth unto them by reason of a worme with two heads that breedeth in their bodies, the which worm, comming to the heart, causeth such a passion in the child, that oft-times it kils them.

TAke the tender stalkes of a Willdiog tree, and dry them in the

dow; then ſtamp them well, and ſift them, and take of the ſaid powder and roots of Gention, and of long Pyome of each of them a quarter of an ounce and a quarter of an ounce of myrrh; all theſe well beaten to powder, you muſt put in a diſh, or ſome other veſſell, and moiſt them with a little water; then take of it with your two fingers, and wet the lips and mouth of the childe; doe this three or foure times, and you ſhall ſee the worme come forth dead with the excrements

A remedy for the Falling-ſickneſſe.

TAke Germander gathered in May when it is in the bloſſome; dry it in the ſhadow, and make it in powder, and when you will uſe it, take the yolke of an egge or two, and ſtir and breake it with a ſpoonfull of the ſaid powder; then ſeeth it, and give it to the Patient to eat; doe this morning,

ning and evening eight dayes, abstayning from wine, carnall company of women, from all Pulse, Beans, Pease, Fitches, Tares, and such other, from Sallets, Salt fish, and from all other things that are hard of concoction and digestion: a very good and notable secret.

A medicine to cure the biting of all venomous beasts.

AS soone as the party feeleth himselfe bitten with any venomous beast, or as soone after as may bee, take green leaves of a fig-tree, and presse the milke of them three or foure times into the wound: and for this, serveth also Mustard seed mingled with Vinegar.

To draw an Arrow-head or other iron out of a wound.

TAke the juice of Valerian, in the which wet a tent, and put into the

wound, laying the ſaid herb upon it ſtamped: then make your binder as beſt fitteth, and by this meanes you ſhall draw forth the iron, and after heale the wound.

For a knock or fall, cauſing a bunch upon the head.

TAke an ounce of Bay ſalt, raw Hony three ounces, Comin three ounces, Turpentine two ounces, mingle all theſe well upon the fire, then ſpread it upon a linnen cloth, & make thereof a plaiſter, and lay it hot to his head: the which will aſſwage the ſwelling, and heal the hurt.

A ſecret remedy againſt the pluriſie.

OPen a white loafe new baked, in the middle, and ſpread it well with good Treacle on both parts upon the crummie ſides, and heat it at the fire: then lay one part upon the place of the diſeaſe, and the other part

part on the other side of his body directly, and so binde them that they stirre not, leaving them so a day and a night, or untill the impostume breake, and then take away the bread and immediatly the Patient will spit forth the putrifaction of the impostume; and when he hath slept a little let him eat, and by Gods helpe he shall shortly be well.

A very good remedy for a wound with a sword, staffe, stone, or such like.

TAke Taxus Barbarus, stampe it, and take the juice of it; and if the wound bleed, wipe it and make it cleane, washing it with white Wine or water; then put the juice upon the wound, and the herbs upon it, out of the which you tooke the juice: then binde up the wound, and in one day you shall see a wonderfull effect.

Against the disease or griefe of the flank, and the Collick passion, experimented and proved divers times.

TAke halfe a glasse or lesse of the juice of Barbaries when they bee very ripe and red, and put into it as much red Corall as will lye upon two groats, well broken into powder, and give the Patient to drinke thereof.

Another perfect remedy for the same disease, and to make a man pisse within half an houre, that hath not made water in three or four dayes, and will breake the stone within ten or twelve dayes.

TAke fine powder of Virga aurea, & put a spoonfull of it into a new laid eg soft roasted, and give the Patient thereof in the morning to his breakfast, and let him not eat in four houre

houres after, and then he ſhall make water in leſſe than halfe an houre, and let him uſe this for the ſpace of ten or twelve dayes as aforeſaid; the Patient ſhall void the ſtone without any paine or griefe.

A remedy for the ſpetting of blood occaſioned by the breach of ſome veine in the breaſt.

TAke Mice dung beaten in powder, as much as will lye upon a groat, and put it into halfe a glaſſefull of juyce of Plantane with a little ſugar, and ſo give the patient to drink thereof in the morning and evening: continuing the ſame he ſhall be ſound.

Againſt the griefe of the lungs, and ſpitting of blood, a remedy experimented and tried.

TAke an herbe called Furfara, or Tuſſilago at the Apothecaries, Ungula Caballina, in Engliſh called

Colts foot; in French, *Pat de lion*: incorporate it well with the lard of a hog chopped, and a new laid eg: boil all together in a pan, and give the Patient of it to eat nine mornings. This is also good to make one fat.

Against a stinking breath.

TAke Rosemary leaves with the blossomes, if you can get them, and seeth them in white wine with a little myrthe and Cinamon, and you shall find a marvellous effect if you use it often in your mouth,

Against the biting of a mad dog, and the rage of madnesse that follows the party bitten.

Take the blossomes or flowers of wilde thistles, dryed in the shade, and beaten into powder, halfe a nutshell full; put into white wine, and drinke it, and in three taking it you shall

shall be whole. A thing tryed and experimented.

A medicine for watry eyes.

TAke a red cole leafe, and anoint the leafe with the white of an eg; when you go to bed lay the same to your eyes.

A medicine for sore eyes.

TAke a little ground Ivy, and straine it and womans milke together, and let it be somewhat green of the Ivy, and then drop a drop or two into the eyes.

Another for the same.

TAke Fennell water stilled, and hive Hony: mingle them together, and put a drop or two into the eye. These are approved.

To make water for the eyes to kill the heat of any sore.

TAke red Sage, and boyle it in Smith water till the third part be consumed: then straine out the Sage very hard, and put into it a quantity of the liquor, a penniworth of Allome, and as much of white Coperas, after you have taken it from the fire, and anoint your eyes therewith.

Another for the same.

TAke the leaves of red Brambles, of Plantane and Hony-suckles, boile them all in running water from a quart to a pint, and use it to the sore.

A medicine for the pin and web in the eye.

TAke the white of an Egge being hot, take out the yolke cleane, and put

put thereto a good quantity of sugar-candy: then strain it hard thorow a cloth, and therewith make a water, and every day two or three times drop it into the eyes.

A Medicine to clear the sight.

TAke Red-rose water, clean myrrh as much as a nut: breake it into powder, and binde it in a linnen cloth, and let it lye in the water twelve hours: then take of this water, and put it in your eyes, and it will cleare your sight.

For a pearle in the eye.

TAke red Fennell, and the leaves and roots of white Daysies: use them without any liquor, and put together three spoonfuls of either of them: then take one good spoonfull of clarified Hony, and two or three spoonfuls of womans milk, and drop this into your eye three or foure times

times a day: and if there be any fight in the eye, this will cure it.

For the eyes that are blasted.

TAke a toste made of brown bread and lay it in red wine that is not mingled, and let it lye untill it be soked halfe an houre; then put it into a fine cloth in two peeces, for each eye one; the fine cloth must be between the eye and the toste. Dresse it when you gee to bed at night.

To purge the head and eye-sight.

TAke the juice of Hey hoo, and put it into your nostrills, and the fleame and running water will follow.

For the eyes that be red and sore.

TAke Fennell, Vervin, Roses, Salendine, and Rue, of each two ounces,

ounces, and distill all together: and when need is, then put a drop or two into the sore eye: for it is good for all manner of diseases in the eye.

Against the paine of the eyes.

TAke the yolk of an egge roasted hard, and laid to with Rose oyl and Saffron: put in the juyce of Basill.

For to see well.

TAke Eye bright, red Fennell, of each halfe a handfull: of Rue 1 quarter of a handfull: cause these to be distilled, and wash your eyes dayly with the water.

For the aking of the leg.

TAke a peece of sowre leaven, and as much Barme, and as much blacke Sope: temper them all together, and so spread it upon a linnen cloth.

cloth, and put it to your legge where the heat is, and change it twice a day, and by Gods helpe it will heale you in three or foure dressings.

A Diet drinke for a Consumption.

TAke a gallon of running water measured by Ale measure, and put thereto an ounce of Cinamon, an ounce of Cloves, an ounce of Mace, a dram and a half of After roots, and boyle it till it come to three quarts: let this be your only drink till you do amend.

A medicine for the head ache.

TAke a handfull of Rosemary, two handfuls of Betony, and a spoonfull of Hony: and seeth them all in Malmesie, and wash your head therewith.

Another for the head ache.

TAke five Nutmegs : grate them and seethe them in Malmsie till they be thicke: make a plaister thereof, and lay it to your temples.

For winde and shootings in your head.

TAke Egremony and Cinamon: bray them, put them in Ale and lay it to the temples of the head; and if the paine remove, lay it where the paine removeth.

Another for the headache.

TAke a handfull of Camomile, a handfull of Peniriall, a handfull of sage, a handfull of Wheat bran: chop them all togerher small; boyle them in a pint of sharpe Vinegar till they be thick, and thereof make a plaister, and lay it to the temples of the

the head as hot as you may suffer it & it shall (by Gods help) doe you good.

Another for the same.

TAke a peece of raw beefe, and lay it on the nape of your necke, and shift it every night when you goe to bed: use this as often as you see good; proved.

Another for the same.

TAke an ounce of Oyle of Roses, two ounces of white vinegar, four ounces of Plantane-water: mix these together, and wet a linnen cloth in it, and lay it to the temples.

A medicine for the Megrime in the head.

TAke Houseleek & garden worms the greater part being Houseleek stamp them together, and put thereto fine flower, and make a plaster on a fine cloth, and lay it to the fore head and temples.

Another

Another for the same.

TAke Mustard seed, and temper it with Vinegar: make an oyntment thereof, and lay it to the Temples in a plaister and another in the nape of the necke behinde where it is not sore, and it will avoid and shortly be whole.

A medicine to keep up the pallat of ones mouth.

TAke a peece of wheaten leaven, and Commine seed beaten in a mortar, a quantity of Bay-salt, and Redrose vinegar, and Redrose water: put them in a bag of cloth, and lay it to the mould of the head.

To dry up the Rhume in the head.

TAke a quantity of dried rose leaves the flower of Camomile, Basill, Mar-

Marjoram, all dryed; a quantity of Cloves and Mace, grosse bruised; a Nutmeg, and a quantity of Dill seed, all quilt in a cap.

A Poultis to coole any place, either face or any where else, that is red and full of hot pimples.

TAke Housleek, Mallowes, Purseline, Water roses, called Numma: beat all these, and take the juyce of them, and put a little oyle of Roses to them, and wash the place with it, or stampe the herbs till they bee thick like pap: then seeth it with a little Rose oyle and Wax, and then you may lay it on as a plaister.

Against red pimples of the face.

TAke an ounce of Camphire, as much brimston, beaten mirrh, Frankincense, of each foure drams, of Rosewater a pound; put all

these in a glasse, and set it in the Sun ten daies, & then lay it on the places.

Another.

TAke the distilled water of Ash-tree, Tamaredis oft eaten, wine of strawberries laid upon the face.

Another.

TAke the distilled water of Mulline and a little Camphire mixed together and laid to the face.

A medicine for them that are deaf, so that they have heard before.

TAke the juyce of Buttaine, womans milke that hath a man childs mingle them together, and dip a peece of blacke wooll in it, and put a peece of it into your eare, for the space of ten or eleven dayes or more: if it happen that this will not take away the deafnesse, then take the milke of a Cow, and

and seeth it with Oatmeal and juyce of bettony, and lay it plaisterwise over the ears, night and day for a long time.

To make an oyntment for a red face.

TAke halfe an ounce of Camphire, two drams of Sulphur vivum, and an ounce of Deers suet; melt the suet and the Camphire together, then put in the Brimstone, fine ground in a morrar, when the other is almost cold, and set them no more over the fire after the Brimstone is put in. These being laid on all night, will take away the heat and the pimples.

Another for the same.

TAke as much Mercury sublimate as a Bean, and twice as much Allome, and put them in a quart of fair water, and boyle them together with two or three corns of Bay salt; and bathe your face therewith often as a

day.with the same cold,and open the pimples with your fingers before you wash.

For a sore mouth.

TAke a quart of white wine, a quart of water,a pint of wine vinegar, a good quantity of red Sage,two peniworth of Mercury,half an ounce of Roch Allome,a quantity of Rosemary, a greater quantity of Woodbine-leaves, and three spoonfulls of Hony: seeth them together, and wash your mouth therewith.

A water for a Canker and sore mouth.

TAke Rosemary croppes, Sage, Singfield,Woodbine leaves, Allome, live Hony, or pure Hony,boyled in Spring-water, half a handfull of each of the foresaid herbs boyled in three pints of water, till they have boyled a third part away, and keep it in a glasse stopper, and wash your mouth with it.

For a Canker and soreneſſe in the mouth.

TAke two ounces of fine Coperas beaten to powder, halfe a pint of faire water, and let the ſame Coperas be diſtilled or ſteeped two dayes and two nights: then ſtrain the ſame ſoftly thorow a linnen cloth, then take a ſpoonfull therof and waſh your mouth and throat with it ſoftly, blood-warme, but drinke none of it. This medicine will not continue good above fourteen dayes; therefore you muſt make it freſh as occaſion ſerves: you muſt take it morning and evening.

A medicine for the Mother that riſeth in a womans ſide.

TAke Aqua-Compoſita, and beat Bay-berries in powder, and put it into thy Aqua-Compoſita, and put a ſpoone

ſpoonfull or two in a draught of beer or ale, and ſo drink it.

A medicine for pricking of a needle or thorn in the joint.

TAke fair boulted flower of wheat, and temper it with white or red wine, a little oyle olive, and a few roſe leaves; ſeethe them together till they be plaiſter thick, and lay it to as hot as you can ſuffer: it will draw forth the needle, and eaſe the ach.

A medicine for a Canker that eateth mans fleſh.

TAke wheat bran of the ſmalleſt powder, the juice of ſmallage, the juice of woodbine, burnt allome beat into powder, and a little hony; mingle all theſe together, and make a plaiſter of it, and lay it to the ſore, and it ſhall deſtroy the Canker.

For a bruise.

TAke virgin wax, and commine seed well beaten; mix them together, and lay it to the sore plaister-wise.

For a white scall.

TAke sallet oyle beaten with the whites of egs till they be thorowly wrought together: cut away the haire, and anoint the head, and lay a bladder upon it.

A medicine against all stitches.

TAke linseed, and boil it in new milk: make a plaister thereof, and lay it to the grieved place.

A medicine for a sore brest.

TAke Groundsill, and chop it small, the grounds of small beer, wheaten

wheaten bran, and ſheeps ſuet beaten in a mortar, boil them all together, and lay it plaiſter-wiſe to your breſt.

A medicine for ſwelled breſts.

TAke white wine, wheat-bran new bolted, Roſe leaves old and new; ſeethe them till they be thick: then lay it to the breſt as hot as ſhee may ſuffer it, from even to morning, and ſhift it again.

To break the fleam of the breſt.

TAke butter without ſalt, and hony, of each a quantity, faire bitter Almonds; blanch them, and beat them fine, and eat a little every day.

A very good medicin[illegible] breſt. Of[illegible]

TAke frankin[illegible] wax, Boares [illegible]

of each of them a like quantity, and seethe them together to a cake; spread it on a cloth as broad as the sore or pain is, and lay it to four and twenty houres, or twelve at the least.

An approved medicine for a sore breſt.

TAke an handfull of mallowes: seethe them very soft in fair water, and then let the water run away from the mallowes: then chop or shred them; then put them in a dish with boars grease, and heat them very hot, and lay on a plaister of linnen cloth to your breſt as hot as you can suffer, three or four times a day heating it. This hath been approved very good.

A remedy for the pains of the breſt.

[illegible]ley, and sage, [illegible]gether, and lay [illegible]st, and it will bee

Another for the ſtopping of the breſt.

TAke rue, and ſeethe it with alligant, and drink it three or foure times.

A medicine for the bloudy flix.

TAke as much fine linnen cloth as will make a Suppoſitory, being wrapped together button wiſe: then wet the ſame in the beſt *aqua vitæ*, or *aqua compoſita*, and let the party grieved convey the ſame into his fundament, and it will help him by the grace of God, within three or foure dreſſings. This is approved, and hath holpen many that have been brought low, and thought paſt cure.

Doctor Smiths *medicine for the collick and ſtone.*

TAke poſſet-ale made of Renniſh wine; boyle camomile, running time, parſley, pellitory of the wall,

with a good spoonefull of Comminseeds, till the third part and more be consumed: then straine them with Sugar sufficient: drinke a good draught warme, and use it as occasion serves.

A medicine for the chincough, for a child.

TAke Boares grease, and warme the soles of the feet to the fire: then chafe them with that, and goe to bed, and keepe it warme, and lap clothes to it.

To stay a laske.

Take halfe a quarter of a pound of Almonds, and parch them upon two new tiles: beate them in a mortar, and take a quarter of faire water, and set it on the fire, and put in halfe a handfull of knot-grasse, and halfe a handfull of Plantane leaves, and let them seethe a good while: then take

take the water, and ſtrain the foreſaid almonds therewith, and make an almond milk thereof, and put in a piece of ſugar: then take date-ſtones, and beat them to powder as ſmall as may be, and put ſome of that powder into the almond milke: ſo drinke it lukewarme.

An excellent Medicine for a childe that cannot part with his water or urine.

TAke three or foure hive-Bees: kill them; then dry them upon hot ſlate: being thorow dry, bruiſe them to ſmall powder; then put the powder into a quart of ſmall Ale, and give the ſicke to drink, and hee ſhall have preſent remedy.

A medicine for the pain of ſwelling in the ſtomack.

TAke a good quantity of roſemary flowers: boil them in white wine,

and as hot as may be suffered, apply it to the stomak.

An approved medicine for the spleen.

TAke a quart of claret wine, a pint of oyle of olive, two good handfuls of camomile being shred small: boyle the wine and camomile together from a quart to a pint, and anoint the hardnesse of the spleen morning and evening therewith, and it will dissolve.

A medicine for a felon or andcome.

TAke rusty bacon, and colewort leaves, stamp them together; then take a piece of dogs leather prickt full of holes, and spread it upon the leather, laying it to the sore twice a day; and when it begins to heal, but once a day.

A medicine for the itch of the body.

TAke ſweet butter, unwrought wax, vinegar, brimſtone, a little roſe water, red cloves whole; boil them together till they be like a ſalve: then anoint the fleſh three ſundry nights by the fire therewith, and no more.

A medicine for the canker in the body.

TAke Bollarmonack, Roch-allome, and hony, then beat them to powder; take twice as much of the allome as of the Bollarmonack, and ſtir them together till they come to a ſalve, and ſo anoint the ſore.

A medicine for the heat or ach in the body, or legs, or elſe-where.

TAke red dock roots, and take out the over pith, and ſeethe them in running water, then draw the water

water from them, and beat it with thick cream, and so anoint the place that is grieved, or with a cloth dipt in the same, and laid over the place.

A medicine good to cleanse the body.

TAke balm, and lay it in white wine till it be well steeped, and then distill it; the water thereof is good for any disease that is in the body, but you must distill the wine and all together, drinking a spoonfull or two in the morning. Proved.

A medicine for a Fistula.

TAke Vervine, and dry it upon a tile, and make powder thereof, and make cleane the sore with a linnen cloth, and fill the hole full of the powder.

A remedy for one that vomiteth too much.

TAke Coriander seeds fine beaten in powder, and drink it with Mint water.

pint of oyle of Olives, and put thereto an handfull of ſage, and boil them together till they be half conſumed; then uſe it to the ſore, and it will dry it.

A medicine for an ache that comes againſt rain.

TAke the hornes of a Stag; cut them in ſmall pieces, and boile them in water, till it be conſumed from a gallon to a quart: then powre the water from the bones, and it will gelly when it is cold, and therewith anoint the grieved place againſt the fire evening and morning.

A medicine for a burn or ſcald.

TAke mallows & ſmallage: ſeethe them in water; when they bee tender take them forth, and wring out the water cleane: chop them ſmall, and ſet them on a chafingdiſh of

of coals, and put to it a little sheeps suet, and make of it a salve, and lay it to the sore place thick, and lay a cloth upon it, and tie it on.

A salve for an old sore.

TAke the inner rinde of an Oke that is not very old, and burn it to a coale; then quench it, and make thereof a powder, and temper it with the yolk of an egge, and make thereof a salve.

To make a drink for a burning ague.

TAke a quart of running water, halfe a pint of vinegar, halfe a quarter of a pint of rose water, a quarter of a pound of sugar, and one stick of cinamon; boyl them all together, let it cool, and give it the sick to drink.

A medicine for the heat of the liver.

TAke wort of the first tap, drink it every morning next your heart for a moneth together, and it will help you.

A medicine to make a young childe goe to the stool.

TAke May butter, and chafe the navill therewith against the fire: then take some black wooll that growes between a black sheeps legs, dip it in May butter, and dry it; then lay it to the navill. It is good for an old man also that can take no inward medicine.

An approved medicine for the navill, when it comes out with crying.

TAke wax which is used no other way but to take the hony from it, and when you have an occasion, melt some

some of the wax in a sawcer, and dip black wooll in it; lay it to the navel, and it will help it.

A medicine for the swelling of a childs cods.

TAke red rose leaves, bray them, and boyle them in red wine an hour; then wet a cloth in it, and lay it to the childes navell as hot as you can suffer it.

A medicine to stanch the flix.

TAke a sawcer full of the juice of Milfoile, as much of the juice of Plantane, and wheat-flower; temper the flower with the juice of the herbs, and so make a cake of it, and bake it, and eat it hot.

For to stanch bloud at the nose, or at a veine that is cut: proved.

TAke feathers burned to powder, and lay it upon the veine that is cut,

cut, and alſo take a wet cloth, and lay it round about the members, and wet the cloth three times, and lay it to cold every time, and it ſhall ſtanch whereſoever it be. Proved.

For to help a drunken man or woman for ever.

GIve him a purgation; after that, give him a ſwallow to drink in powder for the ſpace of twelve dayes, and for a moneths ſpace give him every day foure almonds to eat, with four leaves of woodbine beaten: you muſt eat them in the morning next your heart. Proved.

For Scabs.

TAke ſnailes, and prick them, and take the water that comes out of them, and anoint the ſcabs therewith; take vine leaves, & bind them to the ſcabs, and doe it every morning and evening,

evening, and you shall be whole. Proved.

To dry scabs.

TAke gum arabeck, put it in rose water till it be consumed, and wash them therewith. Proved.

For the palsie, or shaking in the hands.

TAke Sell and Eysill, seethe them together, and wash thy hands therewith, and eat sage with mustard fasting.

To restore a man to nature that is in a consumption.

TAke the eldest cock you can get, scald him, draw him, and cut him all in pieces in a glasse pot, stop him as fast as you can, and put among these pieces cloves, mace, small raisins, and salt; then put this glasse into a great pot, and let all these seethe together till they be a gelly: then strain it into a clean vessell, and give

give it to the ſick firſt and laſt bloud-warm.

To reſtore the brain.

TAke powder of bittany, and uſe it in your pottage, it will reſtore the brain, and deſtroy the ſtone.

For a perilous Cough.

TAke Sage, Rue, and Commin, ſtamp them with pepper: ſeethe them together with honey, and thereof make an electuary, and uſe thereof a ſpoonfull evening and morning, and by the help of God it ſhall doe you good.

For them that cannot ſee, and have red eyes.

TAke white vinegar, and rub upon a whetſtone in a faire baſon, take as much ſalt as powder, and grinde them well together in a baſon, and temper

temper them with wine; and let it ſtand a day and a night, and put it in a viall of glaſſe: you muſt take the thinneſt that ſtandeth above in the baſon, and put it in your glaſſe; and when the patient goeth to bed, take a feather, and wet therein, and anoint his eyes.

To anoint the face, and to make it white.

TAke freſh bacon greaſe, and the whites of egs; ſtamp them together, and a little powder of bayes, and anoint your face therewith, and it will make it white.

For a fair face another way. Proved.

TAke Plantane and white vinegar, ſtill them together, and waſh your face therewith fifteen dayes, morning and evening; after this, drinke a draught of vinegar in the morning once in three dayes.

To

To make the face white and faire.

TAke Roſemary, and boile it in white wine, and waſh thy face therewith, and thou ſhalt be faire: then take Erigan, and ſtamp it, and take the juice thereof, and put it all together, and waſh thy face therewith. Proved.

To help the face with red pimples.

TAke Bay-berries, and pluck off the husks, and make fine powder thereof, and temper it with honey: anoint your face therewith ſix times, and it will help you.

To draw broken bones out of the head.

TAke Betony, Vervine, and Rue, ſtampe them all together very ſmall, and put thereto rie-meale or wheat, and the white of an egge, and make a plaiſter, and lay it to the head.

To

To quench ones thirst.

TAke the roots of Lovage, wash it clean, stampt it, and temper it with water, drink a good draught of it five nights together, and drink not in two hours after it.

For one that speaks in his sleep.

TAke Southernwood, and temper it with wine, and let the diseased drink thereof in the morning, and when he goes to bed.

For a woman that hath too much of the flowers.

TAke the foot of a Hare, burn it to powder, and drink thereof with red wine and cinamon first and last nine dayes, and it will help her.

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